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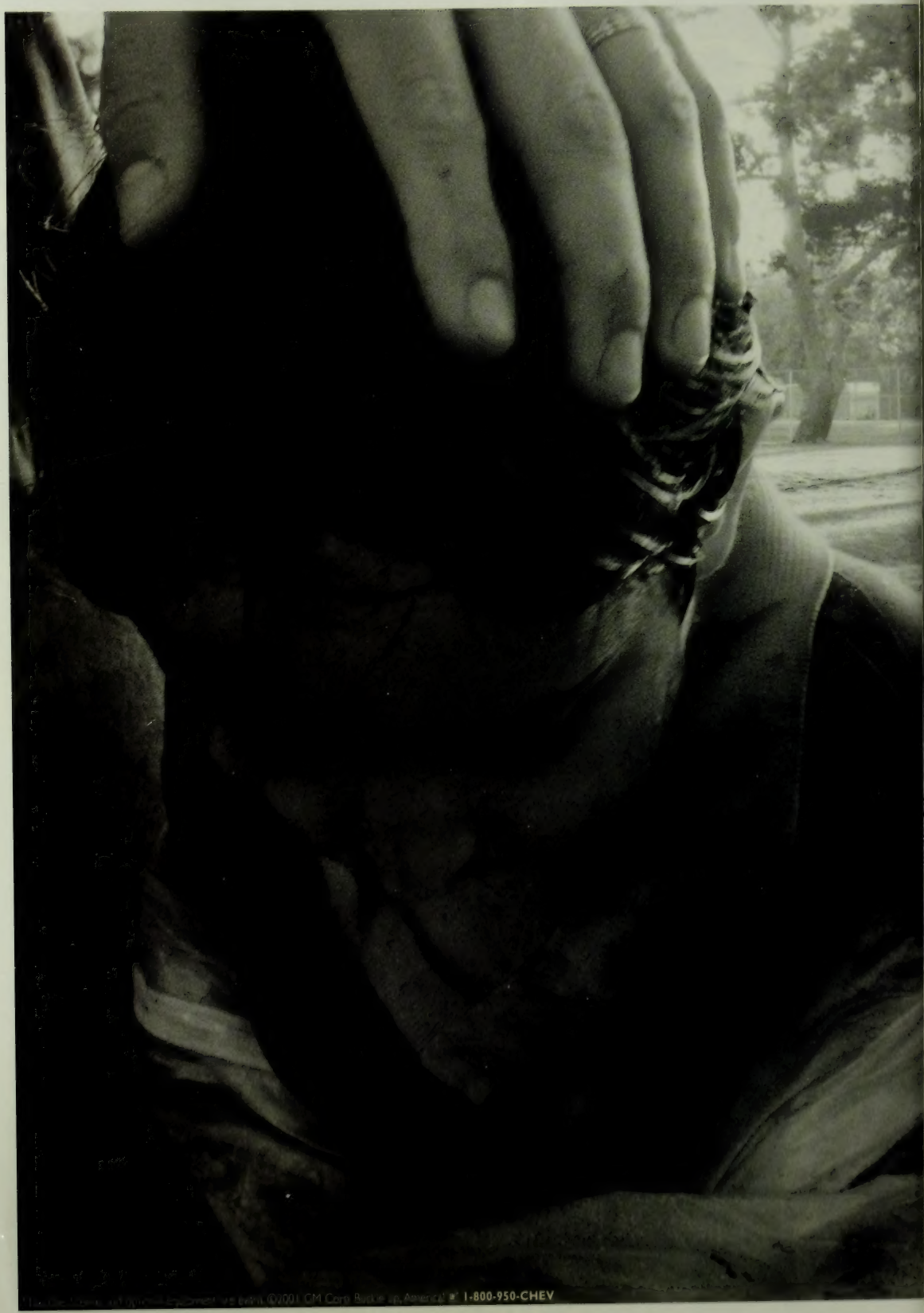
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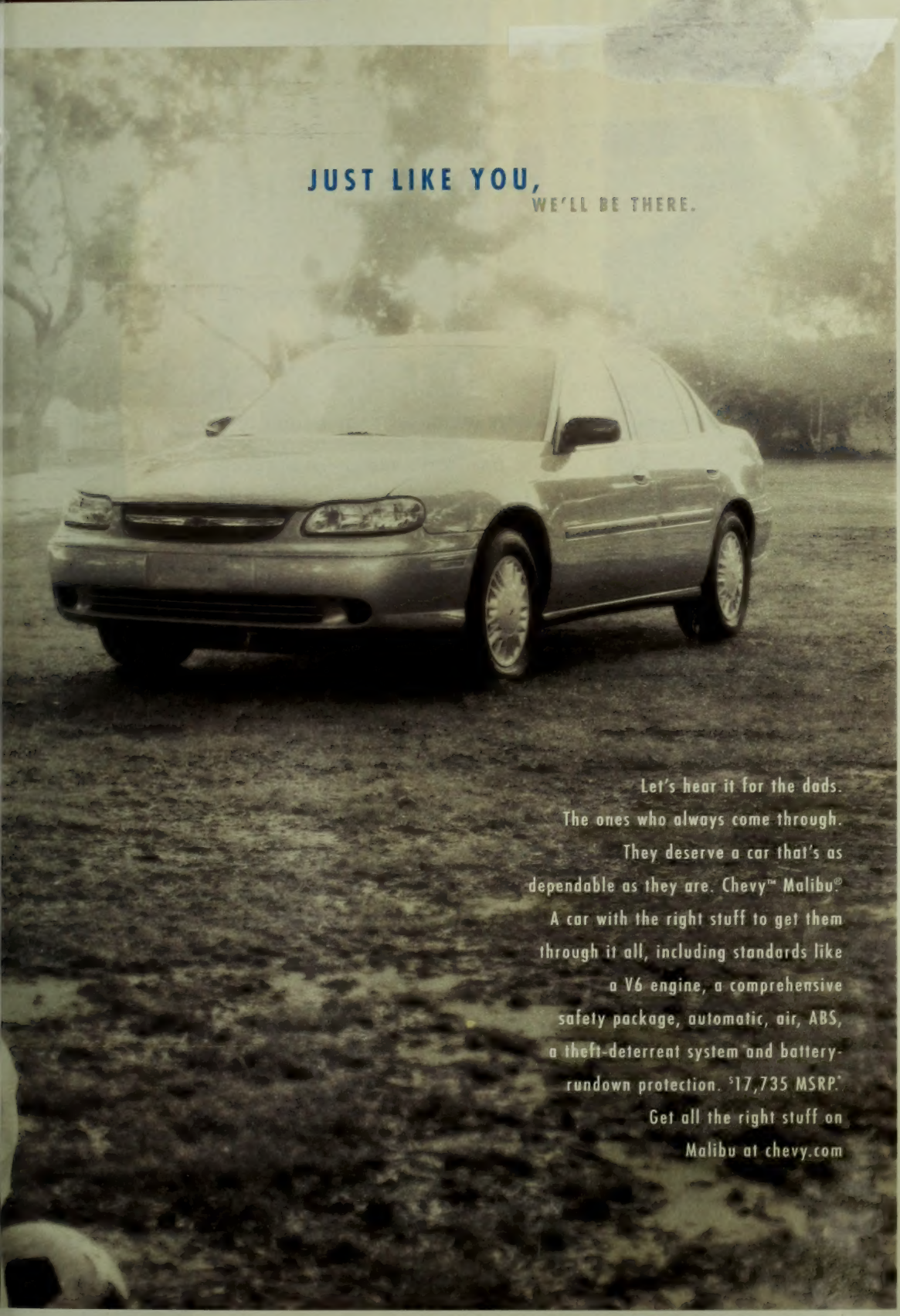
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## *Seven Simple Steps for a* Super Cheese Flight

1) **Taste a variety of cheeses** from the same family or age group such as Cheddars, blues, semi-softs or extra-aged.
2) **Select at least four mouthwatering domestic cheeses** with varying textures or flavors.
3) **Plan on two ounces of cheese per person** if served before or after a meal, four if cheese is the only food served.
4) **Cut cheeses for each portion while cold**, but bring all cheeses to room temperature before serving.
5) **Arrange generous wedges of cheese on a large plate**, wooden board or piece of marble. Provide several knives to avoid intermingling flavors.
6) **Sample cheeses in sequence** from soft to hard and mild to strong.
7) **Choose wines that complement** the cheeses being served.

**Please visit www.ilovecheese.com** to learn more about cheese flights, accompaniments and wine pairings.

### SERVING SUGGESTIONS

A "flight" of semi-soft cheeses might feature creamy Camembert, sharp provolone, buttery Havarti and rich Brie. Or try a "flight" of semi-hard cheeses (pictured) featuring nutty Swiss, savory Emmentaler, mellow Gouda and earthy Fontina.

Accompany the cheeses with:

- simple fresh or dried fruits such as melons, pears, apples, apricots, figs, dried cranberries or raisins
- vegetables like roasted red peppers, plum tomatoes, zucchini or carrots
- nuts such as roasted almonds or cashews
- crusty bread, crackers or bread sticks to complement the different flavors

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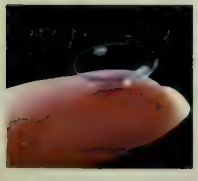

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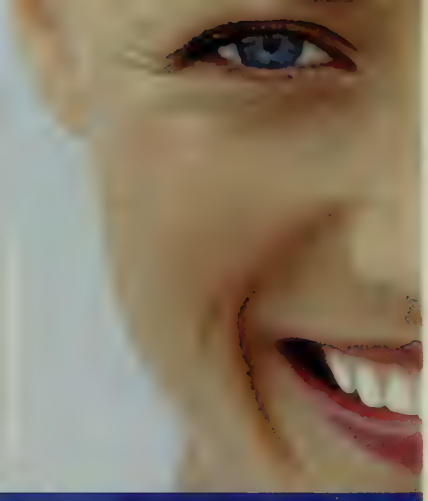
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## Picnic Time

From a campfire breakfast to an elegant basket dinner, we have ideas galore to turn your summer picnic into a delicious affair. Safety tips and dozens of fun games for kids of all ages round out our suggestions for warm weather.

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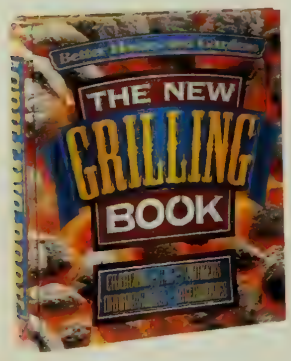
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# BH&G TV

As summer begins heating up, many of us start daydreaming about calling a travel agent, packing our bags, and taking off for that much-needed vacation. In July, let host Jeanette Trompeter be your tour guide. She'll take you on her culinary adventures all over the map, including a cruise to a sun-drenched tropical island in the Caribbean and a trek across the high desert country of northern New Mexico. Come along! You'll have a chance to meet some well-known chefs with great recipes and entertaining ideas. And, as always, you'll also discover useful gardening, landscaping, and decorating ideas to help brighten up your home.



**Weekend of July 7–8.** Grab your passport and pipe aboard the spectacular cruise ship Disney Wonder, under the command of a famous captain. (Hint: His first name is Mickey.) Our destination is the magical **Caribbean** island of Castaway Cay, where chef Paulo Trantino makes a special roasted pineapple sundae with an appealing nautical twist.

**Weekend of July 14–15.** Join Jeanette in **Santa Fe, New Mexico,** to sample tastes of a distinctive region. Visit a New Mexico couple with a passion for Southwestern furniture. And gardening expert Chris Dawson shows you how to prepare a patch containing nearly everything you need to make fresh salsa.

**Weekend of July 21–22.** Jeanette and Neela Paniz, chef at The Bombay Café in **Southern California,** prepare two mouthwatering dishes made with flavorful Indian seasonings. Also, get a feel for the decorating trend called "cottage style." Learn how to build an unusual and practical window box that won't rot out—it doesn't have a bottom!

**Weekend of July 28–29.** Is a perfect omelet possible in less than 40 seconds? Howard Helmer thinks so, and he's the "eggs-pert." He holds the omelet-cooking speed title in the *Guinness Book of World Records* for making 427 omelets in 30 minutes! Join us as Howard and Jeanette crack a few eggs together. Also, see how to give an older yard a fresh, welcoming look that changes with the seasons. Plus: Gifts created with dried flowers.

Check your local TV listings for the *Better Homes and Gardens*® weekly television show. For more information and a recap of subjects from previously aired episodes, visit our fun and informative Internet site at www.bhg.com or type in AOL Keyword: BHG.




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ANDY LYONS

Parades and picnics. That's July And the high points of all my Julys have been the rootin' tootin', flag-salutin' Fourth o July parades. Even though thinking about some of those parades, where I was a participant rather than a spectator, can give me a retroactive case of psychosomatically sore feet.

The Fourth of July was when our high school marching band came out of mothballs. (Literally, our black wool uniforms did come out o mothballs.) We polished our instruments; put on our heavy hats with thei high, fluttering plumes; donned our *de rigueur* black shoes; and stepped out—for what seemed like miles and miles and miles of stepping.

Hot, thirsty, and more than a little tired of "Stars and Stripes Forever," we usually ended up at a "ceremony" where some dignitary fel compelled to recite "Four score and seven years ago, our fathers...." Bu then the picnic! It didn't matter whether it was a community picnic, church picnic, or a family picnic. They were all wonderful!

I've always been a pushover for potlucks. And I was lucky enough t grow up with a passel of small town cooks who competed with Olympi fervor to outdo one another. It was a social disgrace to have to take hom one's dish with anything left in it.

I still think food tastes better eaten outdoors. Personally, I'd trade a the fancy china and gourmet food in the world for a pass through a outdoor potluck line with a paper plate. It's that same kind of *alfres* dining we're talking about in our food story this month (see *page 171* It includes a whole picnic basket full of great recipes that are bound t taste better if eaten at the beach, in a park, or just in your own backyar

Summer doesn't get much better than this. So grab a plate and enjoy!

Jean

**Jean LemMon,** *Editor in Chi*


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### Kids in the kitchen learn a variety of skills

Thursdays have become "Kids Cook" nights at our house. My two children, ages 10 and 8, take turns planning and preparing a meal of their choice. The preparation includes making the shopping list, measuring ingredients, chopping, and cooking (sometimes with a little help from Mom). Their culinary skills have improved, and they've learned about math, science, organization, and the effort that goes into preparing even a simple meal.

Kathleen Berlew
Duryea, Pa.

### Family court teaches conflict resolution

When my children were about 7 and 9 years old, we established a family court. If anyone in the family had a disagreement, we'd sit around the dinner table to discuss the problem. One rule was that only one person talks, while the others listen and wait their turn to explain their point of view. Another rule we implemented was that no one could yell, cry, or interrupt. Each person had an opportunity to speak. These were good lessons in conflict resolution.

Mrs. H. Lew
Brookline, Mass.

### State quarters suggested for geography practice

Like many people, I am collecting the new state quarters. When my son is old enough, I will use the quarters to teach him the names of the 50 states and their capitals. I purchased a large, multicolored map that holds these quarters, which should help with the lessons. I'm saving enough of each quarter to reward him with one when he answers correctly during his future geography lessons. By the time he's old enough for us begin, all of the state quarters w have been put in circulation.

Jennifer Anders
Easley, S

### Saving mementos while conserving space

Instead of throwing your child's o trophies away, remove the facepla with the child's name and accor plishment on it. Find a nice piece wood and create a plaque displayi the faceplates. Adhere them to t wood with a strong glue. Your ch dren will be able to reminisce abo their "glory days" without having store a lot of clutter.

Catherine McLough
Glen Rock, N

### Tips for compiling a family cookbook

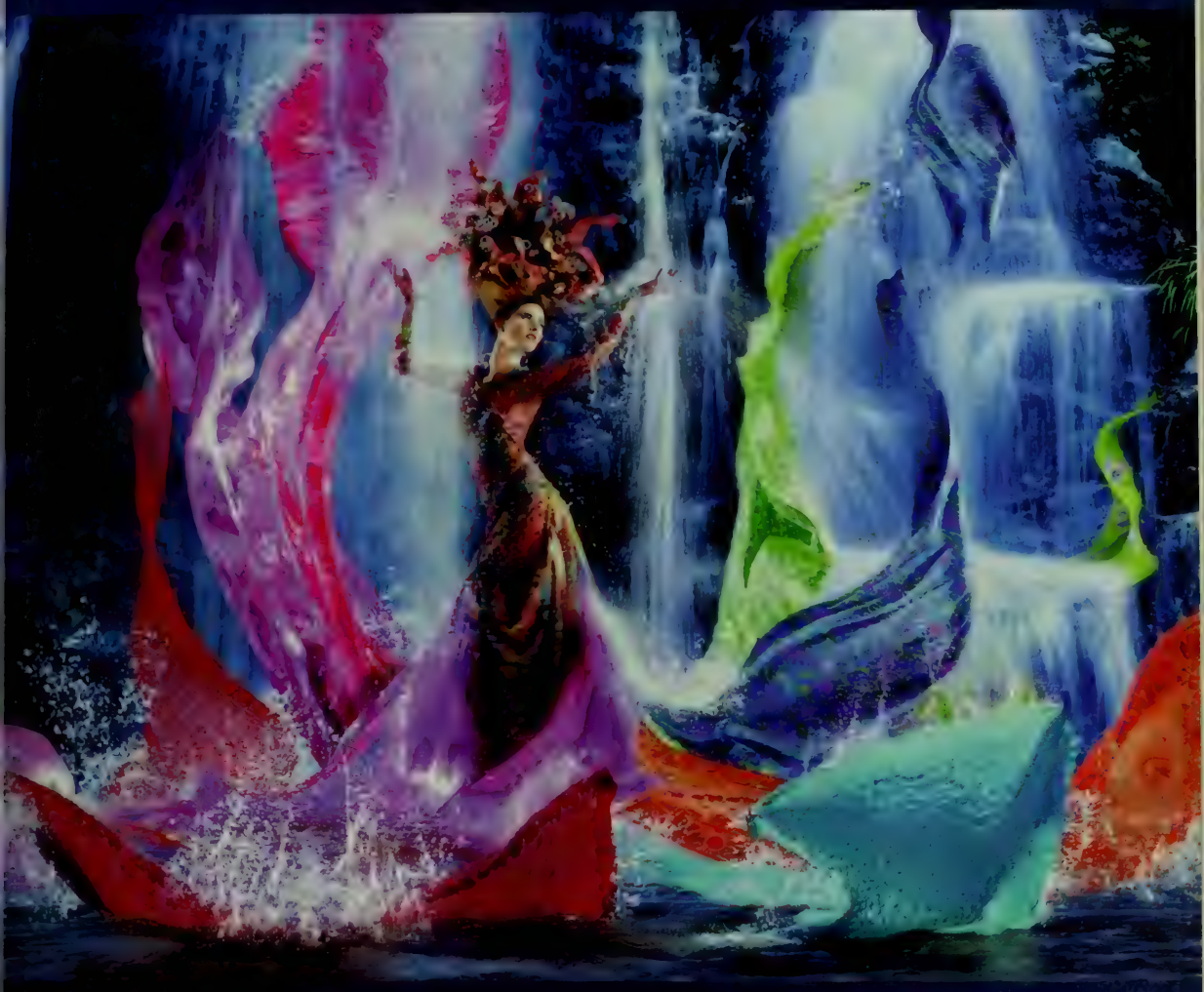
I'm making a family cookbook a including such things as photograp our genealogy, and favorite memor from get-togethers. All the relativ men included, are sending me seve recipes for which they are know I've asked each to hand-write at le one recipe. My aunts provided with my grandmother's favorites

Allison Rob
Goreville

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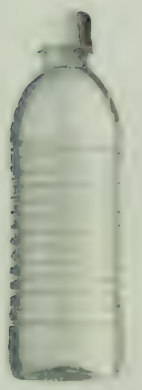
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# window add-ons

Sometimes a window treatment is more than skin deep. Frame your views with added dimension by incorporating folding doors, bookshelves, a window seat, or a canopy.

**Sheer fabric that matches the bay window treatment replaces the louvers in the bifold doors. To hang the fabric, install brass screw eyes into the tops and bottoms of the louver openings, one inch away from each side (*below*). With pliers, open the screw eyes, if needed, so the dowels can slip inside. Fabric should be hemmed so the panels pull taut.**



**Embraceable you** Lumber-store bifold doors reach out and hug a dining set placed in front of a bay window. To make the accordianlike treatment, buy three sets of louvered bifolds, an extra hinge, three ¼-inch dowels, and 24 brass screw eyes. Separate one set of doors and use the hinges to join one door to each remaining set so it folds in the opposite direction. Remove the top rails from each door and slide the louver blades out. Use wood filler in the grooves left by the blades; let filler dry and sand smooth. Replace the top rails and paint the doors. From the dowels, cut 12 curtain rods ½-inch less than the openings.

continued on page 24

continued from page 23



**To hang the panels, thread a tension rod through a rod pocket sewn into a sheer panel and place it close to the window frame between the sides of the window box. For the outer layer, thread a tension rod through a matching sheer valance that has been hemmed to about half the window's length. (A standard valance is one-sixth of the finished drapery's length.)**



**out of the box** Surround a double-hung window with a bookcase that adds architectural substance and fun display space. Ours is made from plywood to form 9-inch-deep shelves—enough for a playful layering of sheer panels using tension rods. Cut readymade panels to size, or make your own with sheer fabric cut slightly wider than the window for gentle shirring.

continued on page




MADE FROM 100% WHOLE GRAIN WHEAT TO HELP YOUR HUNGER WITH A TASTE THAT'S ALWAYS IN FASHION. POST HONEY NUT SHREDDED WHEAT. 100% GOOD.

BREAKFAST MADE RIGHT

continued from page 24



**To trim the shade to length, measure from the sill up three-fourths of the window. With a yardstick mark the desired length lightly across the pleats. Cut the pleats three at a time with scissors. Punch holes at the ends of the pleats, again three at a time, using one previous punch as a guide. To hang the panel, thread a 36-inch-long threaded rod through the punched holes two or three at a time. The rod's threads keep the pleats separate. Screw finial nuts on the ends of the rod and hang the rod on 2-inch screws.**



**a sideways glance** A trim window seat needs a tidy window cover. Paper shades made for hanging horizontally with self-adhesive tapes can also hang intriguingly on their sides. Just punch holes through the pleats with a paper punch and thread pleats onto a slim metal rod. Note: This window treatment is for windows less than 36 inches wide, due to potential rod sagging.

continued on page

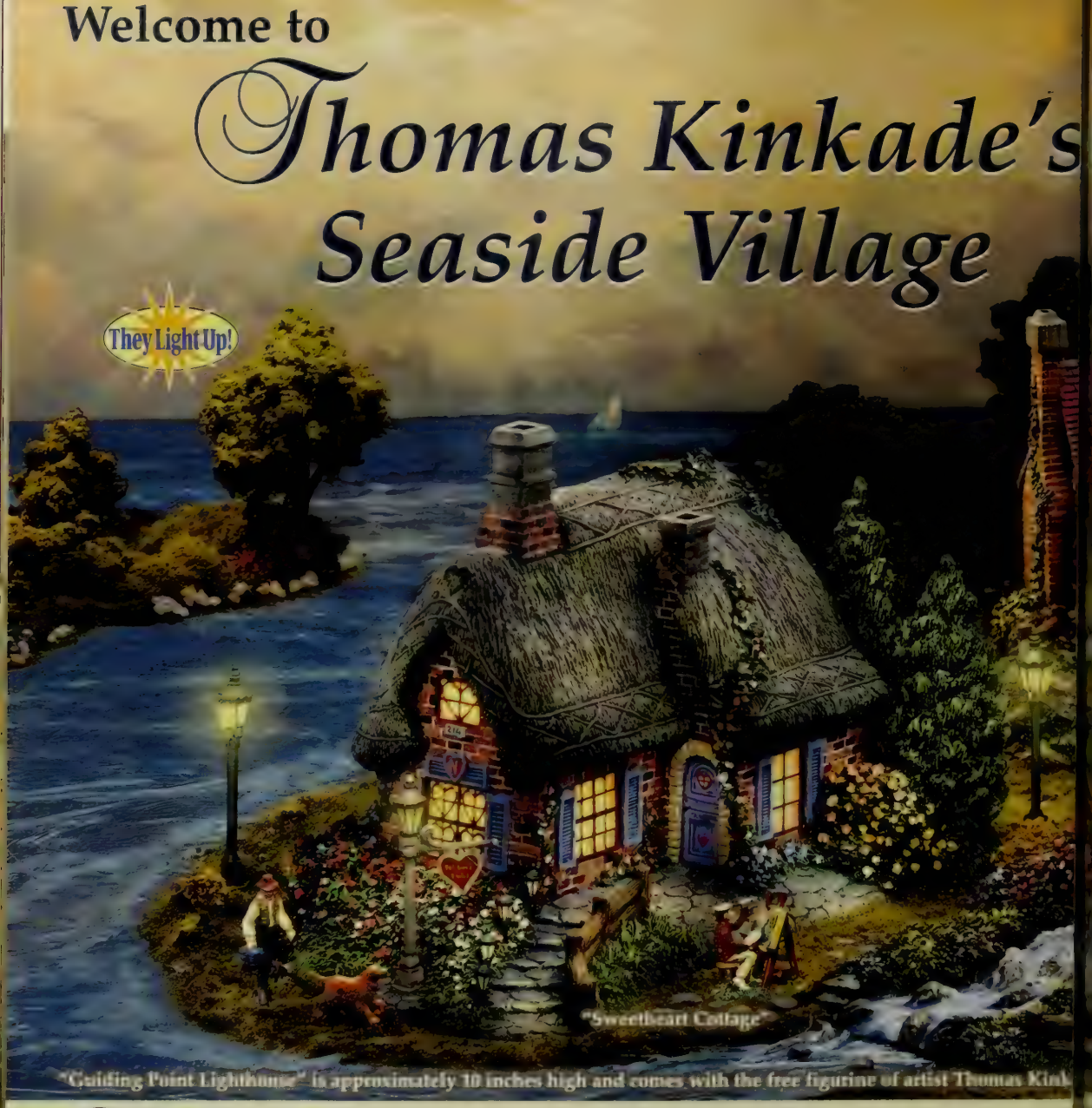



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"Guiding Point Lighthouse" is approximately 10 inches high and comes with the free figurine of artist Thomas Kink

The serene dream-like vision of renowned *Painter of Light™* Thomas Kinkade transports you to this radiant seaside village where the gentle sounds of splashing water and soft glow of lights cast a tranquil hush over the harbor. Warm rays of light stream from tiny cottages, inviting you to stay.

## Enjoy a relaxing stroll through *Thomas Kinkade's Seaside Village*

The gallant "Guiding Point Lighthouse" shines its tireless beacon, illuminating the flagstone walkways and sparkling waters. Listen to the trickle of ***real water*** at the "Stonebrook Mill," and pause awhile to watch Thomas Kinkade paint his new masterpiece (an actual miniature replica of "The Light of Peace"). As golden light radiates from the graceful street lamps, a peaceful feeling passes over sea and sky. It's time to savor the end of a perfect day at the romantic "Sweetheart Cottage." The lights are on, and you're invited!

## Begin with "Guiding Point Lighthouse," Premier Edition—includes FREE artist figu

You will be captivated by the incredible sculptured detai you receive "Guiding Point Lighthouse" and the delightf collectible figurine of Thomas Kinkade. Each tiny flow individual piece of stonework, is meticulously painted by

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continued from page 26



**Windows glow behind two tie-top canvas curtain panels tied on a tension rod that is secured between high bookcases. To form the canopy, hang the other two curtain panels on the same rod, interspersing canopy ties with curtain ties. Then, pull the canopy panels over the wood pole and arrange them with a drop of about 14 inches. Fasten the second tension rod between the bookcases at their front edge to catch the fabric up in a graceful swag at the head of the bed.**



Buying information, page 137

## a blank canvas

Make the best of a bed that must sit in front of a window by creating a window covering that doubles as romantic canopy. It begins with a pair of 3-foot-wide double-hung windows bracketed by 10-inch-deep plywood bookcases mounted high on each side of the window. To make the fabric treatment, buy four 54×82-inch tie-top canvas curtain panels; two oval 72-inch tension rods; one ½-inch, 6-foot wooden curtain rod with holders; and two 2-inch toggle bolts. Install the wooden rod on the ceiling 36-inches out from the front of the bookcase, centered over the bed. Note: To hang the rod securely, use toggle bolts instead of screws.



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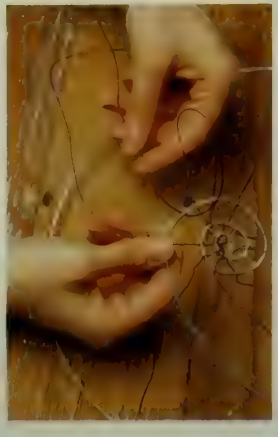
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# get wired

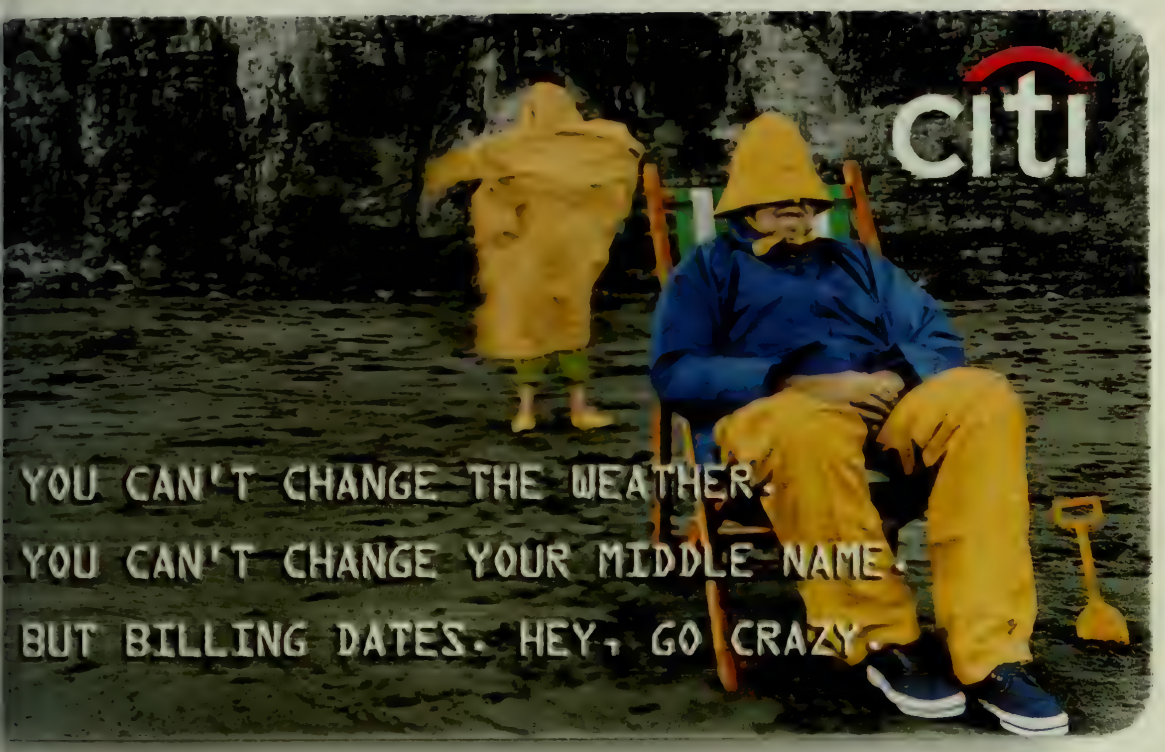


Metal sparks textural interest in any space. But unless you've mastered blow-torch basics, most metals leave do-it-yourselfers cold. Wire is one welcome exception. This accommodating metal is pliable and safe enough for the novice crafter to work with. Plus, wire is one of today's hottest home fashions. Bent into baskets or coiled into candlesticks, each creation is your signature sculpture.



To make the tall bask
(left in the photo, *abo*
*left*), twist together th
ends of eight 4-foot
lengths of 24-gauge
black crafts wire; spre
like spokes. Make a t
loop at one end of a
12-foot-long, 14-gau
wire. Coil into spirals
½ inch apart until
diameter equals abo
2 inches. Center the
24-gauge wire twist in
loop of the coil. Wra
each spoke around e
spiral (*left*), adding
spirals until the bask
bottom is desired si
Bend spirals up and
continue for sides.
Finish by looping he
wire and securing t
coil. Wrap spoke wi
around top coils, tw
and trim.

continued on pa




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# Get Wired

continued from page 32



Wire wreaths (*left*) say welcome—indoors or out. Loosely coil about 8 feet of 16-gauge black wire into a circle that is 6 inches in diameter. Repeat with a second length of wire, pinching or twisting as necessary to achieve a haphazard appearance (*below*). Finish with a bow. For "grapevine" curls, coil wire ends around a pencil or dowel.



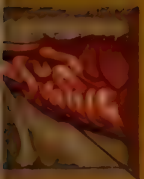


Overgrown with a thicket of wires, a clear glass vase appears organic (*right*). Fold thirty 12-inch strips of 16-gauge black wire in half. Line up on a table with the folded ends extending 1½ inches past the edge. Lay a piece of scrap wood on top and clamp to secure. Wrap one end of a 2-foot-long 24-gauge black wire around the looped end of the last wire, then weave the wire over and under the remaining wires. Weave two more fine wires in the same way. Loosen the clamps and move wires to extend 4 inches off the table. Reclamp. Weave three more wires. Wrap woven wires around a 4-inch-tall glass cylinder vase; secure by twisting pairs of fine wires together. Trim and bend tops of heavier wire at random.

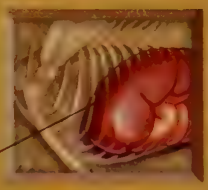


continued on page 3

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## Get Wired continued from page 34

For curlicue candlesticks, use needle-nose pliers to bend one end of a 6-foot length of 14-gauge wire into a loop; coil that end into a 6-inch-diameter circle. Continue coiling into smaller spirals. Slip the spiral onto a wooden dowel the same size as the candle, and wrap remaining wire around and up the dowel 4 inches (*right*). Trim wire leaving 3 inches, and finish in small loop. Spray with black paint. Replace the dowel with a candle.



continued on page 3

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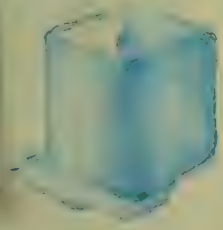


CUCUMBER RACT)





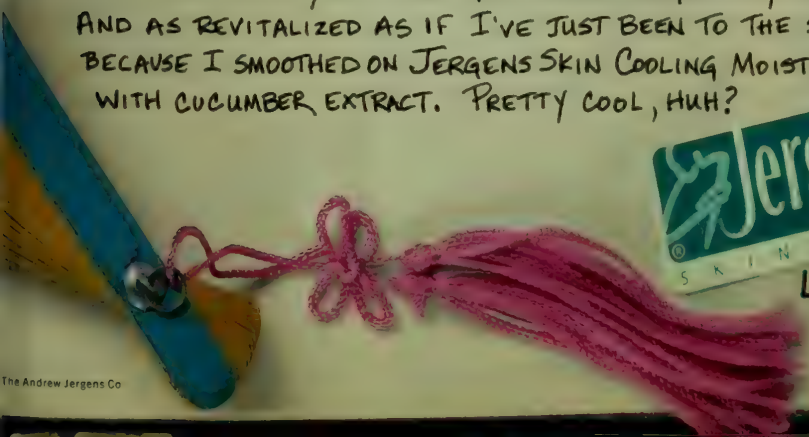

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Make a vine of wire ivy-leaf shapes to grace any tabletop. Coil one end of a 3-foot-long 24-gauge black wire into a tight loop. Leave about ¾ inch of "vine," then form a ½-inch-wide three-pointed leaf; twist to secure. Leave a couple more inches of vine, then make a 2-inch-wide, five-pointed leaf (*above*). Continue, varying leaf size as desired for length of wire.

## Get Wired continued from page 36



Wild strawberries take on a fresh twist when made with 24-gauge black crafts wire. Using needle-nose pliers, bend a 26-inch-long wire to create the three,1-inch leaves of the calyx. Twist to secure. Thread 35 amber seed beads onto remaining wire; bend wire end to secure. Randomly glue beads onto wire using craft glue (*above*). When dry, coil the wire at the base of the calyx into a tight spiral and wind into a strawberry shape.






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by Catherine Kramer and
Candace Ord Manroe



Softened with goose down or filled with foam, pillows are the final word in feathering the nest. Pillows are a feel-good place to plop a weary head or back, and they're important decorative props as well. Pile pillows on thick, in shapes and patterns that state your special style.

# pillowscaping


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# Pillowscaping

continued from page 40






STYLE Neatly dressed and presented, pillows provide a streamlined look that's the hallmark of contemporary style. And as a bonus, their cuddle-up comfort softens the feel of this style's crisp cutting edge. The key words are tailored and geometric. Rectangular and square pillows in snug-fitting fabrics with just a touch of trim convey the modern mind-set.

SUBSTANCE Menswear fabrics for the home are today's design news. To create a modern arrangement, cover pillows in Wall Street-style gray flannel pinstripes. Mix polka dots (no florals, please) for a dash of daring. Limit detailing to contrast-color piping that flatters the shape. Arrange the pillows in tidy, even rows.

continued on page 4

Often forgets it's a camera. The new Spectra.

Polaroid click instantly.

# Pillowscaping

continued from page 42





## classic

**STYLE** Pillows revive times past by wearing patterns, palettes, and weaves that appear as fresh today as centuries ago. Historic French toile and matelassé are popular, but other standards include damask, jacquard, and Turkish kilim weaves. Position the layers from large to small, with a single pillow front and center.

**SUBSTANCE** To pass the time test, fabrics can't be fussy. That's why toile, with its distinct but demure scenes and single-color palette, is a keeper. Alternating rows of toile and matelassé pillows bring out the best in both, playing delicate pattern off robust texture. A front row of checks and stripes in smaller square and neck-roll pillows add depth to the classic scene.

continued on page



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 continued from page 44






**STYLE** This grouping takes its cues from old-fashioned cottages, rife with friendly decorative ruffles. The pillowscape exemplifies the style, reflecting a fondness for flounces on easy-maintenance cottons, and cheerful plaid and floral patterns. To live as casual as the pillows look, keep the arrangement unstudied, tossed-together, and mixed with whimsy.

**SUBSTANCE** The restrained palettes and polar-opposite prints help these pillows avoid country clichés. White cotton linens sprinkled with rosy blossoms have airy appeal—and are an ideal foil for the accent plaid in honey-and-rose hues. Fun and welcoming, ruffles refine the look.

continued on page


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# Pillowscaping

continued from page 46






**STYLE** Snow-white is the color of choice for an escape into serenity, as if it enfolds the cares of the world in a comforting drift. Romantic and impressionable, white-clad pillows are open to different style arrangements. In this grouping, clean-lined modern, ruffled country, and European-size classic pillows come together to ease body and soul.

**SUBSTANCE** In mixing white pillows, compare fabrics closely to ensure a consistent color. Standard-size shams are the easiest option, keeping a tailored look without constant upkeep. Visual interest increases with textural mixes and decorative details, including lacy borders, crisp welting, and soft ruffles.

Buying information, page 1



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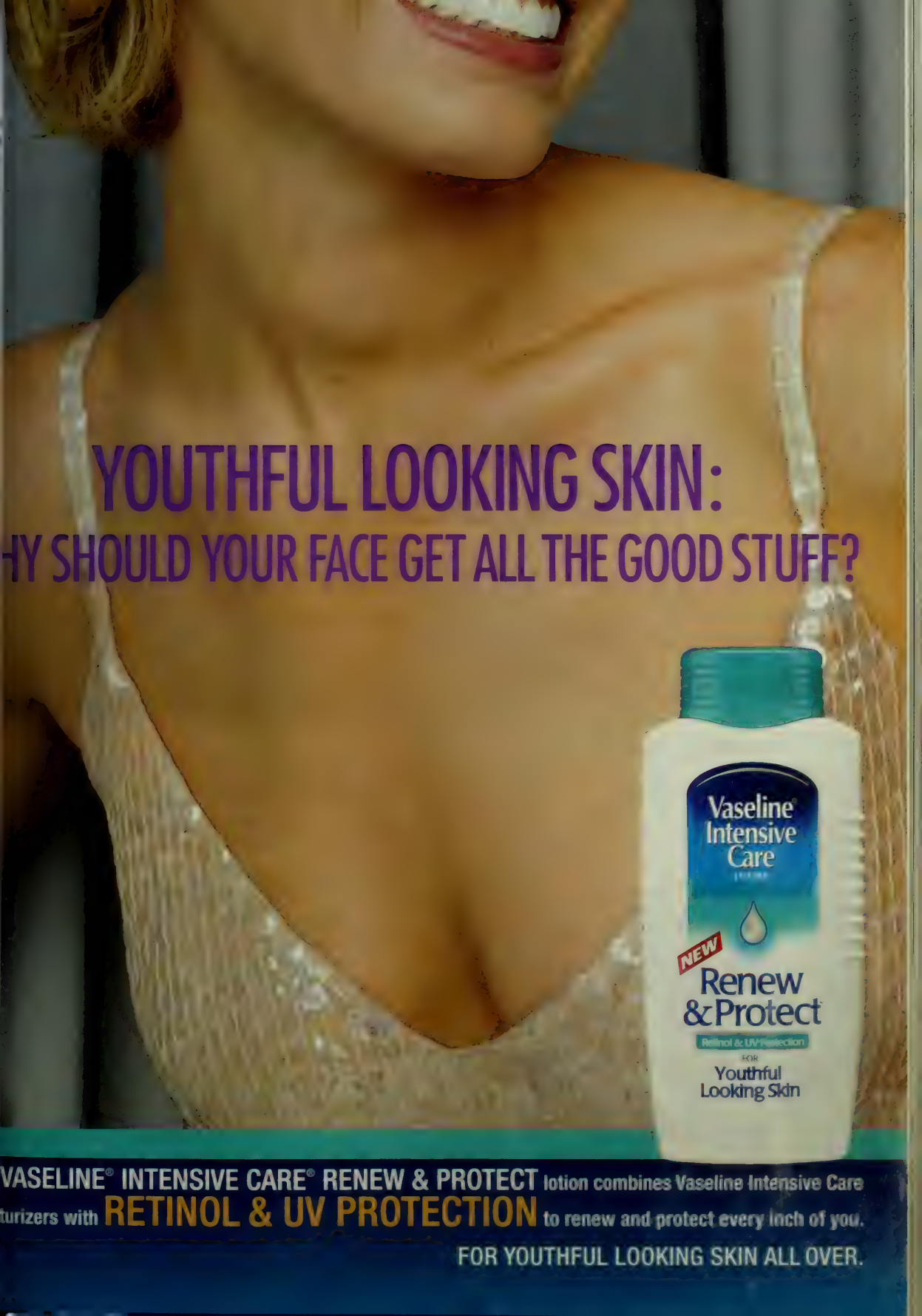
# TABLE GRACE

Experts say we're living longer these days—long enough for two lifetimes. Many people hav a first practical life, and a second, more creative one that's full of personal choices.

The same is true for a piece of furniture or an accessory that outlives its first function an moves on to a second, more artful mode. On these pages, you'll find seven graceful tabl created from rearranged parts, reborn for a second chance to serve.

**Classic Dining** The pedestal bases for this table have the ancient look classic Greek columns, although they are far from the real thing. Thes plaster versions from a garden store once most likely held porcelain busts a stuffy, formal foyer. Today, they've come into the light as stylish support f a dining table near a window. To make this console table (and part-tim dining spot), you will need two 30-inch-tall pedestals and a 2½×4½-foot pie of glass at least ¾ inches thick. (You may want to ask for rounded corners an a beveled edge to give the glass a more finished look.) With the curre popularity of garden ornaments used as decorative home accessories, yo can find similar columns at home furnishings stores, lawn and garden shop or crafts supply stores. Rectangular glass tabletops of standard dining size ca be obtained from import and home furnishings stores. Or, you can have on custom-made at a glass store.

continued on page 9


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FOR YOUTHFUL LOOKING SKIN ALL OVER.

# Table Grace

continued from page 50

**Bedside Manners.** Once water and sun-drenched, this statuesque plant stand is now a happy bedside table. A plant stand's typically tall height is a perfect match for today's thick mattresses. The wood is timeworn, but that's part of its charm. Resist the temptation to buff up the finish unless you have small children who might come in contact with the paint. Even then, several coats of clear polyurethane will make the surface safe. Stack favorite bedtime stories on the lower shelf, and keep the surface clutter-free so reading glasses and nighttime refreshment will have a home.





**Outdoor Service.** For years, this hardy barbecue cart weathered rain and sun on a patio while it served the hungry hordes. You can purchase similar unfinished styles at a lumberyard. After a primer-and-paint facelift, it's ready to offer gracious, sofa-side service. Its wheels enable it to easily be drawn up to the sofa for an intimate tea service. A striped napkin becomes a quick table skirt that sets off the pretty dishes. There's even room for a lamp on top. The lower shelf holds extra dishes, plus books you want to be able to reach from the sofa.

continued on page 54

*Dinner's ready*

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# Table Grace

continued from page 52

**Earning Its Keep.** The bloom of youth may be off this bent-around-the-edges urn, but there's dignity in its classical shape. Relieved of its duties as a hardworking garden planter, it now shines on a new interior stage as a coffee table base. A round piece of ¾-inch-thick glass becomes the table surface. You can purchase this glass at import and home furnishings stores, or have it custom-made at a glass store. Purchase a top that is 5–7 inches wider than the diameter of the urn for stability. For a clean and simple look, leave the interior cavity empty.





**Bath Valet.** Nothing greets guests more cordially than the sight of bed and bath comforts waiting to pamper them. Here, textured white towels stack on a camping stool. Its natural wood tones, clean lines, and slatted top conjure images of a luxurious spa. Perched on the large towels, a basket holds smaller bath needs that can be carted to and from the bathroom. When guests are gone, the tiny foldaway table can move to other handy spots, such as beside a chair or under a plant.

continued on page 56

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Retailer: Solo Cup Co. will reimburse you for the face value of this coupon plus 8¢ for handling, provided that you and the customer comply with the terms of this offer. Invoices showing purchase of sufficient stock to cover all coupons must be shown upon request. Void where prohibited, taxed or restricted by law. Coupons submitted by organizations other than retail distributors will be considered void. Cash value 1/20 of 1¢. Submit coupons to: Solo Cup Company, CMS Department 47165, Fairport Drive, Lee Rd., Texas 78840. ©2001 Solo Cup Company. VOID IF PLACED PER PLYMASS

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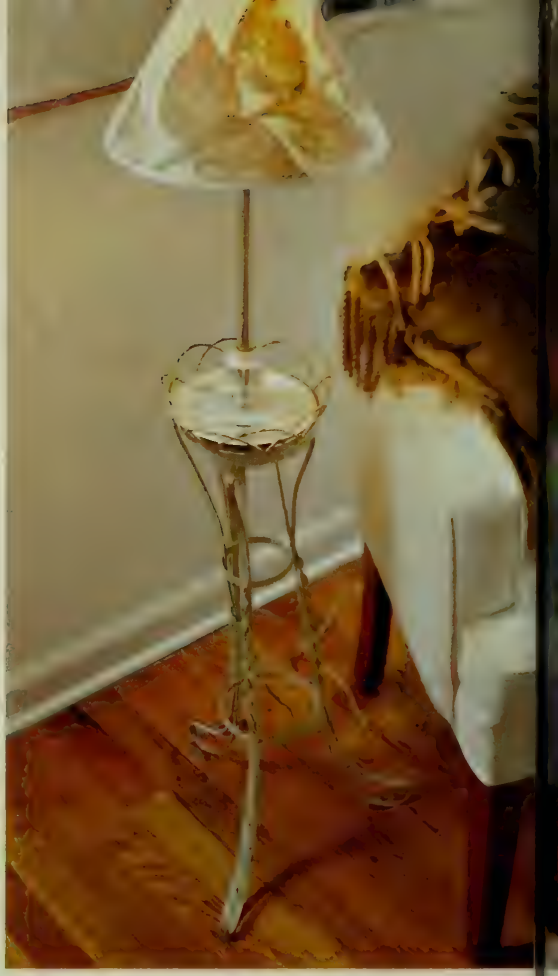
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is open to legal residents of the United States 18 years of age or older at the time of entry (employees of Solo Cup Company and their families are not eligible). No purchase necessary. Void where prohibited by law. Sweepstakes conducted on or about 1/20/02. By Random Games, Inc., and its respective employees, officers, directors, shareholders, and/or agents of the foregoing entities (collectively, "Releasees") from and against any and all claims, actions, liability, injury, death, loss or damage of any kind, known or unknown, foreseen or unforeseen, arising out of or in connection with any prize or participation in this sweepstakes. By accepting a prize, the winner consents to the use of his/her name and/or photograph for advertising and promotional purposes, without additional compensation, except where prohibited by law. Winner agrees to release and hold harmless Releasees from any and all liability, injury, death, loss or damage of any kind arising out of or in connection with any prize or participation in this sweepstakes. Winner agrees to indemnify Releasees against any and all claims, actions, liability, injury, death, loss or damage of any kind, known or unknown, foreseen or unforeseen,

# Table Grace

continued from page 54

**Shabby Is Chic.** Its original good bones intact, the years have added layers of rich patina and character to this high-waisted wrought-iron plant stand. Find similar beauties at salvage, antiques, and garden stores. The circular top is just wide enough to hold the base of a table lamp, instantly turning it into a free-floating floor lamp. The key is to unite a stand with a lamp of similar style, so the pairing creates the illusion of one graceful piece. This vintage lamp wears a new shade, but the glass-adorned base melds easily with the scalloped top of the stand.





**Glass Urn Table.** Do try this at home—but only in the absence of dogs and children. This glass urn table is a transparent beauty that needs the care and attention of those who appreciate its fragile nature. Placed out of the flow of traffic, this table is a 27-inch-tall glass urn from a home furnishings store. The tabletop is a candlewick platter. Fine sand and a shell inside the urn add a touch of decoration without overdoing it. Fill the urn with anything that suits your decor. For a themed seasonal look, tuck in greenery or ornaments of many colors. This glass table will sparkle with life when illuminated. Here it gets a sprinkling of light from an antique crystal chandelier.




## When these problems interfere with everyday life, it could be Alzheimer's disease.

## A medicine called ARICEPT® may help.

you or someone you care for has gradually
sing memory problems, it may not be normal
It could be Alzheimer's disease, an incurable,
essive illness.

there's hope, including a prescription
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EPT®, symptoms may get better, stay the
or progress at a slower rate.

EPT® is well tolerated but may not be for
one. Some people may experience nausea,
iea, insomnia, vomiting, muscle cramps,
e or loss of appetite. In studies, these side
s were usually mild and temporary. Some
e taking ARICEPT® may experience faint-
eople at risk for ulcers should tell their doctors
se their condition may get worse.

Only a doctor can say if memory problems are due to Alzheimer's disease. And the sooner you know, the sooner ARICEPT® may help. So speak to a doctor today and ask about ARICEPT®, the #1 prescribed medicine for Alzheimer's disease.

SEE A DOCTOR AND ASK ABOUT

ONCE-A-DAY

**ARICEPT®**

(donepezil HCl)

5-MG AND 10-MG TABLETS

MEDICINE TO REMEMBER™




*To learn more and to receive a memory checklist, call*

**800-760-6029 ext. 62**

*Please see additional important product information on accompanying page.*

ONCE-A-DAY

# ARICEPT® (donepezil HCl) 5-MG AND 10-MG TABLETS

## MEDICINE TO REMEMBER™

**ARICEPT® (Donepezil Hydrochloride Tablets)**

Brief Summary – see package insert for full prescribing information. **INDICATIONS AND USAGE** ARICEPT® is indicated for the treatment of mild to moderate dementia of the Alzheimer's type. **CONTRAINDICATIONS** ARICEPT® is contraindicated in patients with known hypersensitivity to donepezil hydrochloride or to piperidine derivatives. **WARNINGS** ***Anesthesia:*** ARICEPT® as a cholinesterase inhibitor is likely to exaggerate succinylcholine-type muscle relaxation during anesthesia. ***Cardiovascular Conditions:*** Because of their pharmacological action, cholinesterase inhibitors may have vagotonic effects on heart rate (e.g. bradycardia). The potential for this action may be particularly important to patients with sick sinus syndrome or other supraventricular cardiac conduction conditions. Syncopal episodes have been reported in association with the use of ARICEPT®. ***Gastrointestinal Conditions:*** Through their primary action, cholinesterase inhibitors may be expected to increase gastric acid secretion due to increased cholinergic activity. Therefore, patients should be monitored closely for symptoms of active or occult gastrointestinal bleeding, especially those at increased risk for developing ulcers, e.g., those with a history of ulcer disease or those receiving concurrent nonsteroidal anti-inflammatory drugs (NSAIDS). Clinical studies of ARICEPT® have shown no increase, relative to placebo, in the incidence of either peptic ulcer disease or gastrointestinal bleeding. ARICEPT®, as a predictable consequence of its pharmacological properties, has been shown to produce diarrhea, nausea and vomiting. These effects, when they occur, appear more frequently with the 10 mg/day dose than with the 5 mg/day dose. In most cases, these effects have been mild and transient, sometimes lasting one to three weeks, and have resolved during continued use of ARICEPT®. ***Genitourinary:*** Although not observed in clinical trials of ARICEPT® cholinomimetics may cause bladder outflow obstruction. ***Neurological Conditions:*** Seizures: Cholinomimetics are believed to have some potential to cause generalized convulsions. However, seizure activity also may be a manifestation of Alzheimer's Disease. ***Pulmonary Conditions:*** Because of their cholinomimetic actions, cholinesterase inhibitors should be prescribed with care to patients with a history of asthma or obstructive pulmonary disease. **PRECAUTIONS Drug-Drug Interactions *Drugs Highly Bound to Plasma Proteins:*** Drug displacement studies have been performed *in vitro* between this highly bound drug (96%) and other drugs such as furosemide, digoxin, and warfarin. ARICEPT® at concentrations of 0.3-10 µg/mL did not affect the binding of furosemide (5 µg/mL), digoxin (2 ng/mL), and warfarin (3 µg/mL) to human albumin. Similarly, the binding of ARICEPT® to human albumin was not affected by furosemide, digoxin, and warfarin. ***Effect of ARICEPT® on the Metabolism of Other Drugs:*** No *in vivo* clinical trials have investigated the effect of ARICEPT® on the clearance of drugs metabolized by CYP 3A4 (e.g. cisapride, terfenadine) or by CYP 2D6 (e.g. imipramine). However, *in vitro* studies show a low rate of binding to these enzymes (mean $K_i$ about 50-130 µM); that, given the therapeutic plasma concentrations of donepezil (164 nM), indicates little likelihood of interference. Whether ARICEPT® has any potential for enzyme induction is not known. ***Effect of Other Drugs on the Metabolism of ARICEPT®:*** Ketoconazole and quinidine, inhibitors of CYP450, 3A4 and 2D6, respectively, inhibit donepezil metabolism *in vitro*. Whether there is a clinical effect of these inhibitors is not known. Inducers of CYP 2D6 and CYP 3A4 (e.g. phenytoin, carbamazepine, dexamethasone, rifampin, and phenobarbital) could increase the rate of elimination of ARICEPT®. ***Use with Anticholinergics:*** Because of their mechanism of action, cholinesterase inhibitors have the potential to interfere with the activity of anticholinergic medications. ***Use with Cholinomimetics and Other Cholinesterase Inhibitors:*** A synergistic effect may be expected when cholinesterase inhibitors are given concurrently with succinylcholine, similar neuromuscular blocking agents or cholinergic agonists such as bethanechol. **Carcinogenesis, Mutagenesis, Impairment of Fertility** Carcinogenicity studies of donepezil have not been completed. Donepezil was not mutagenic in the Ames reverse mutation assay in bacteria. In the chromosome aberration test in cultures of Chinese hamster lung (CHL) cells, some clastogenic effects were observed. Donepezil was not clastogenic in the *in vivo* mouse micronucleus test. Donepezil had no effect on fertility in rats at doses up to 10 mg/kg/day (approximately 8 times the maximum recommended human dose on a mg/m² basis). **Pregnancy *Pregnancy Category C:*** Teratology studies conducted in pregnant rats at doses up to 16 mg/kg/day (approximately 13 times the maximum recommended human dose on a mg/m² basis) and in pregnant rabbits at doses up to 10 mg/kg/day (approximately 16 times the maximum recommended human dose on a mg/m² basis) did not disclose any evidence for a teratogenic potential of donepezil. However, in a study in which pregnant rats were given up to 10 mg/kg/day (approximately 8 times the maximum recommended human dose on a mg/m² basis) from day 17 of gestation through day 20 postpartum, there was a slight increase in still births and a slight decrease in pup survival through day 4 postpartum at this dose, the next lower dose tested was 3 mg/kg/day. There are no adequate or well-controlled studies in pregnant women. ARICEPT® should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. **Nursing Mothers** It is not known whether donepezil is excreted in human breast milk. ARICEPT® has no indication for use in nursing mothers. **Pediatric Use** There are no adequate and well-controlled trials to document the safety and efficacy of ARICEPT® in any illness occurring in children. **ADVERSE REACTIONS Adverse Events Leading to Discontinuation** The rates of discontinuation from controlled clinical trials of ARICEPT® due to adverse events for the ARICEPT® 5 mg/day treatment groups were comparable to those of placebo-treatment groups at approximately 5%. The rate of discontinuation of patients who received 7-day escalations from 5 mg/day to 10 mg/day, was higher at 13%. The most common adverse events leading to discontinuation, defined as those occurring in at least 2% of patients and at twice the incidence seen in placebo patients, are shown in Table 1.

**Table 1. Most Frequent Adverse Events Leading to Withdrawal from Controlled Clinical Trials by Dose Group**

| Dose Group | Placebo | 5 mg/day ARICEPT® | 10 mg/day ARICEPT® |
|---|---|---|---|
| Patients Randomized | 355 | 350 | 315 |
| Event/% Discontinuing | | | |
| Nausea | 1% | 1% | 3% |
| Diarrhea | 0% | <1% | 3% |
| Vomiting | <1% | <1% | 2% |

**Most Frequent Adverse Clinical Events Seen in Association with the Use of ARICEPT®** The most common adverse events, defined as those occurring at a frequency of at least 5% in patients receiving 10 mg/day and twice the placebo rate, are largely predicted by ARICEPT®'s cholinomimetic effects. These include nausea, diarrhea, insomnia, vomiting, muscle cramp, fatigue, and anorexia. These adverse events were often of mild intensity and transient, resolving during continued ARICEPT® treatment without the need for dose modification. There is evidence to suggest that the frequency of these common adverse events may be affected by the rate of titration. An open-label study was conducted with 269 patients who received placebo in the 15- and 30-week studies. These patients were titrated to a dose of 10 mg/day over a 6-week period. The rates of common adverse events were lower than those seen in patients titrated to 10 mg/day over one week in the controlled clinical trials and were comparable to those seen in patients on 5 mg/day. See Table 2 for a comparison of the most common adverse events following one and six week titration regimens.

**Table 2. Comparison of Rates of Adverse Events in Patients Titrated to 10 mg/day Over 1 and 6 Weeks**

| | No titration | | One-week titration | Six-week titration |
|---|---|---|---|---|
| Adverse Event | Placebo (n=315) | 5 mg/day (n=311) | 10 mg/day (n=315) | 10 mg/day (n=269) |
| Nausea | 6% | 5% | 19% | 6% |
| Diarrhea | 5% | 8% | 15% | 9% |
| Insomnia | 5% | 6% | 14% | 6% |
| Fatigue | 3% | 4% | 8% | 3% |
| Vomiting | 3% | 3% | 8% | 5% |
| Muscle cramps | 2% | 6% | 8% | 3% |
| Anorexia | 2% | 3% | 7% | 3% |

**Adverse Events Reported in Controlled Trials** The events cited reflect experience gained under closely monitored conditions of clinical trials in a highly selected patient population. In actual clinical practice or in other clinical trials, these frequency estimates may not apply, as the conditions of use, reporting behavior, and the kinds of patients treated may differ. Table 3 lists treatment emergent signs and symptoms that were reported in at least 2% of patients in placebo-controlled trials who received ARICEPT® and for which the rate of occurrence was greater for ARICEPT® assigned than placebo assigned patients. In general, adverse events occurred more frequently in female patients and with advancing age.

**Table 3. Adverse Events Reported in Controlled Clinical Trials in at Least 2% of Patients Receiving ARICEPT® (donepezil HCl) and at a Higher Frequency than Placebo-treated Patients**

| Body System/Adverse Event | Placebo (n=355) | ARICEPT® (n=747) |
|---|---|---|
| **Percent of Patients with any Adverse Event** | **72** | **74** |
| **Body as a Whole** | | |
| Headache | 9 | 10 |
| Pain, various locations | 8 | 9 |
| Accident | 6 | 7 |
| Fatigue | 3 | 5 |
| **Cardiovascular System** | | |
| Syncope | 1 | 2 |
| **Digestive System** | | |
| Nausea | 5 | 11 |
| Diarrhea | 5 | 10 |
| Vomiting | 3 | 5 |
| Anorexia | 2 | 4 |
| **Hemic and Lymphatic System** | | |
| Ecchymosis | 3 | 4 |
| **Metabolic and Nutritional System** | | |
| Weight Decrease | 1 | 3 |
| **Musculoskeletal System** | | |
| Muscle Cramps | 2 | 6 |
| Arthritis | 1 | 2 |
| **Nervous System** | | |
| Insomnia | 6 | 9 |
| Dizziness | 5 | 5 |
| Depression | <1 | 3 |
| Abnormal Dreams | 0 | 3 |
| Somnolence | <1 | 3 |
| **Urogenital System** | | |
| Frequent Urination | 1 | 2 |

**Other Adverse Events Observed During Clinical Trials** ARICEPT® has been administered to over 1700 in during clinical trials worldwide. Approximately 1200 of these patients have been treated for at least 3 months and n 1000 patients have been treated for at least 6 months. Controlled and uncontrolled trials in the United States approximately 900 patients. In regards to the highest dose of 10 mg/day, this population includes 650 patients tre months, 475 patients treated for 6 months and 116 patients treated for over 1 year. The range of patient exposure to 1214 days. Treatment emergent signs and symptoms that occurred during 3 controlled clinical trials and two o trials in the United States were recorded as adverse events by the clinical investigators using terminology of choosing. To provide an overall estimate of the proportion of individuals having similar types of events, the ev grouped into a smaller number of standardized categories using a modified COSTART dictionary and event frequer calculated across all studies. These categories are used in the listing below. The frequencies represent the pro 900 patients from these trials who experienced that event while receiving ARICEPT®. All adverse events occurri twice are included, except for those already listed in Tables 2 or 3, COSTART terms too general to be informat ve less likely to be drug caused. Events are classified by body system and listed using the following definitions: *adverse events* — those occurring in at least 1/100 patients, *infrequent adverse events* — those occurring in 1/1000 patients. These adverse events are not necessarily related to ARICEPT® treatment and in most cases were at a similar frequency in placebo-treated patients in the controlled studies. No important additional adverse events in studies conducted outside the United States. **Body as a Whole:** *Frequent:* influenza, chest pain, toothache. A fever, edema face, periorbital edema, hernia hiatal, abscess, cellulitis, chills, generalized coldness, head fullness ness. **Cardiovascular System:** *Frequent:* hypertension, vasodilation, atrial fibrillation, hot flashes, hyp *Infrequent:* angina pectoris, postural hypotension, myocardial infarction, AV block (first degree), congestive he arteritis, bradycardia, peripheral vascular disease, supraventricular tachycardia, deep vein thrombosis. **Digestive** *Frequent:* fecal incontinence, gastrointestinal bleeding, bloating, epigastric pain; *Infrequent:* eructation, gingivitis, appetite, flatulence, periodontal abscess, cholelithiasis, diverticulitis, drooling, dry mouth, fever sore, gastriti colon, tongue edema, epigastric distress, gastroenteritis, increased transaminases, hemorrhoids, ileus, increa jaundice, melena, polydipsia, duodenal ulcer, stomach ulcer. **Endocrine System:** *Infrequent:* diabetes mellitus, goiter. **H Lymphatic System:** *Infrequent:* anemia, thrombocythemia, thrombocytopenia, eosinophilia, erythrocytopenia. **Meta Nutritional Disorders:** *Frequent:* dehydration; *Infrequent:* gout, hypokalemia, increased creatine kinase, hyperglycer increase, increased lactate dehydrogenase. **Musculoskeletal System:** *Frequent:* bone fracture, *Infrequent:* muscle muscle fasciculation. **Nervous System:** *Frequent:* delusions, tremor, irritability, paresthesia, aggression, verti increased libido, restlessness, abnormal crying, nervousness, aphasia; *Infrequent:* cerebrovascular accident, intracr orrhage, transient ischemic attack, emotional lability, neuralgia, coldness (localized), muscle spasm, dysphoria, mality, hypertonia, hypokinesia, neurodermatitis, numbness (localized), paranoia, dysarthria, dysphasia, hostility, libido, melancholia, emotional withdrawal, nystagmus, pacing. **Respiratory System:** *Frequent:* dyspnea, s bronchitis; *Infrequent:* epistaxis, post nasal drip, pneumonia, hyperventilation, pulmonary congestion, wheezing pharyngitis, pleurisy, pulmonary collapse, sleep apnea, snoring. **Skin and Appendages:** *Frequent:* pruritus, urticaria; *Infrequent:* dermatitis, erythema, skin discoloration, hyperkeratosis, alopecia, fungal dermatitis, herpes zoster, hirs striae, night sweats, skin ulcer. **Special Senses:** *Frequent:* cataract, eye irritation, vision blurred; *Infrequent:* dry ey ma, earache, tinnitus, blepharitis, decreased hearing, retinal hemorrhage, otitis externa, otitis media, bad taste, c hemorrhage, ear buzzing, motion sickness, spots before eyes. **Urogenital System:** *Frequent:* urinary incontin tunia; *Infrequent:* dysuria, hematuria, urinary urgency, metrorrhagia, cystitis, enuresis, prostate hypertrophy, D tis, inability to empty bladder, breast fibroadenosis, fibrocystic breast, mastitis, pyuria, renal failure. **Postintroduction Reports** Voluntary reports of adverse events temporally associated with ARICEPT® that received since market introduction that are not listed above, and that there is inadequate data to determine the c tionship with the drug include the following: abdominal pain, agitation, cholecystitis, confusion, convulsions tions, heart block (all types), hemolytic anemia, hepatitis, hyponatremia, pancreatitis, and rash. **OVERDOSAGE strategies for the management of overdose are continually evolving, it is advisable to contact Control Center to determine the latest recommendations for the management of an overdose of** As in any case of overdose, general supportive measures should be utilized. Overdosage with cholinesterase inh result in cholinergic crisis characterized by severe nausea, vomiting, salivation, sweating, bradycardia, hypotens ry depression, collapse, and convulsions. Increasing muscle weakness is a possibility and may result in death if muscles are involved. Tertiary anticholinergics such as atropine may be used as an antidote for ARICEPT® o Intravenous atropine sulfate titrated to effect is recommended; an initial dose of 1.0 to 2.0 mg IV with subsequ based upon clinical response. Atypical responses in blood pressure and heart rate have been reported with nommimetics when co-administered with quaternary anticholinergics such as glycopyrrolate. It is not know ARICEPT® and/or its metabolites can be removed by dialysis (hemodialysis, peritoneal dialysis, or hemofiltrat related signs of toxicity in animals included reduced spontaneous movement, prone position, staggering gait, clonic convulsions, depressed respiration, salivation, miosis, tremors, fasciculation and lower body surface tem

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April


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decorating shop

## Holidays in Crafts

The temperature outside says it's time for lemonade and snow cones on the porch. But if you're more inclined to craft up a storm while catching the breeze from the air conditioner, try our easy-to-use kits. Make something for the Fourth of July, or get a head start on Christmas gifts. Kits are from Banar Designs and are available only to the readers of *Better Homes and Gardens*® magazine (kits are not sold in stores). To order, see *page 61*.



Cross-stitch these delightful **Itty Bitty Stockings** (*above*) to use as tree ornaments, charming one-of-a-kind package ties, or as actual wraps for teeny-tiny gifts. Choose traditional or whimsical designs, then personalize them for the special folks on your gift list. Each stocking measures just 3½×3 inches, so you can finish the whole batch in a weekend. Kit contains materials for eight stockings, and includes Fiddler's cloth cross-stitch fabric, cotton backing fabric, twine for loop hangers, embroidery floss, needle, cross-stitch charts for eight motifs, cross-stitch chart for alphabet, full-size stocking pattern, and complete step-by-step instructions.




Cross-stitch a **Baker's Dozen Mini Mittens** and hang them on the line with teeny clothespins for a delightful holiday garland (*above*). Used individually, the mittens make great tree ornaments or last-minute gifts. Each mitten measures just 3½×3½ inches, so the stitching goes fast. Kit contains enough materials to make 13 mini mittens, and includes 14-count white Aida cross-stitch fabric, backing fabric, embroidery floss, needle, ribbon, mini clothespins, twine, cross-stitch charts, full-size mitten pattern, and complete step-by-step instructions.

**TO ORDER**: One kit costs $19.95; additional kits to the same address are $17.00 each. Prices include shipping, handling, and sales tax. To order with your MasterCard, Visa, Discover, or American Express card, call 800/881-4066. To order by mail, specify kit(s) desired and calculate the amount due. Then, send a check to: *Better Homes and Gardens*® Reader Shopping, Dept. D0107, Box 9128, Des Moines, IA 50306-9128. Or, visit *www.bhgcatalog.com* to order on the web.






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# Internet Appliances Come Home

With their "instant-on" feature and one-touch buttons, new Internet appliances are easier to use than the microwave ovens and bread machines they sit next to on the kitchen counter. These "Net devices," or "information devices" as they are also called, provide simple e-mail and Web access, cost less than standard PCs, and require no computer experience.

Soon after plugging the unit into an outlet and phone jack, you're ready to surf the Web for tonight's dinner recipes or e-mail the kids while the oven heats up. Preprogrammed activity buttons provide quick access to personal e-mail, weather, stocks, shopping, and customer service information. Indicator lights or chimes let you know when new mail is waiting.

For now, the devices are available only through Internet service providers and authorized dealers. Up-front costs range from $200–$1,000, with an average price around $350. Monthly Internet service is usually extra ($20–$50/month) and is often required as part of the initial purchase package.

Don't think that these Net devices are the perfect solution for all your needs. Many units have full-size monitors and are not easily portable. Don't expect to load or run software programs, such as Microsoft Office. Some devices won't accept e-mails with attachments. Others may not be able to view Web pages with fancy graphics or animation. Wireless options (no plug-in required) are rare, but availability should expand as more devices come on the market.

Even so, it looks as if Internet appliances—including handheld devices—will become the new staple of kitchens in the 21st century.



## Did you know?

Market researchers predict that Internet appliances will surpass PC sales this year.

## E-WARE $300 & UNDER

**ePodsOne by Epods.** As portable as a magazine, the ePodsOne (*left*) looks and acts like a larger, handheld computer. Users can e-mail (with up to five addresses per message) and access the Web when plugged into an outlet and phone line. Like a handheld computer, input is controlled with a touch screen, stylus pen, or on-screen keyboard. For accessories information or to order, 877/463-7637; www. epods.com.

■ **Price:** $200 plus a monthly Internet service fee starting at $25. Service contracts required.

**i-opener by Netpliance.** The i-opener's 10-inch display with full-size keyboard plugs into an outlet and phone line for Web access and e-mail (with up to four addresses per message). A printer, external mouse, or digital camera can be attached to its universal port. For ordering information: 800/467-3637; www.netpliance.com.



■ **Price:** $300 plus a monthly Internet service fee of $22. Long-term service contracts are not required.

**MSN Companion by Compaq.** MSN Messenger service announces when friends and family are online so messages can be exchanged instantly, and the unit rests in "sleep" mode while displaying a personalized Web photo. MSN also offers animated graphics and sound with ActiveX plug-ins, and the device supports printing functions. For ordering information: 800/888-0263; www. athome.compaq.com.



■ **Price:** $200, after $400 rebate, when signing up for three years of MSN Internet service starting at $22/month.







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# Fresh-Angle Kitchen



by Laura O'Neil

Eye-pleasing angles revitalized this former galley kitchen belonging to Rosemary and Dan Hole of La Jolla, California. Starting at the top, the ceiling was raised to open up and brighten the original dark, cramped layout. The former peninsula remained in roughly the same place. But it's been remade into an angular island, so it's easy to walk all the way around it and access the newly expanded family room.

More angles were introduced to the space with a pass-through cutout over the sink (*above*). The opening reveals a bank of windows meeting a cathedral ceiling.

continued on page 66

The new sink area has an expansive ocean view facing west through the cutout that opens up the kitchen to the dining room.

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# Fresh-Angle Kitchen

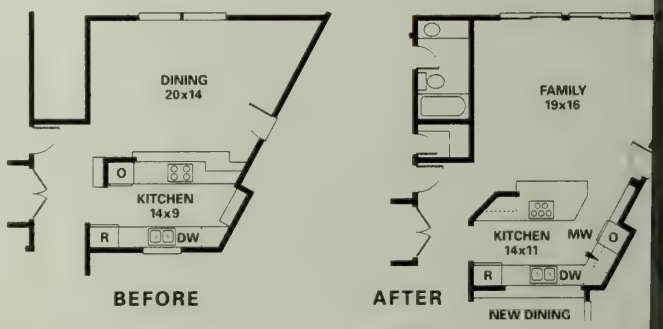
continued from page 64



The final angle was added in the form of an avenue taking a turn near the repositioned oven. The double oven was moved into a slanted passway to the right of the island, creating a more efficient work triangle encompassing the oven, the cooktop, and the sink. "Moving the oven relieved the bumper-car body traffic that would form in front of the refrigerator at meal preparation time," says Dan.

"Formerly, the kitchen just dead-ended here," recalls Dan. "Now, there are glass-fronted maple cabinets that house Rosemary's collection of stemware, plus an area for the phone message center on one side, and more of the dark green granite countertop on the other." The counter space offers a convenient spot for entertaining buffet-style from the family room.

Buying information, page 137






The Holes' new kitchen—enlarged by bumping out square footage at the back of the house—adjoins the family room to work as one big, bright living space for family members to enjoy.


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# Bringing Cool Air Inside




A. Open windows allow the fan to pull cool air inside. B. T ceiling-mounted fan vents this air into the attic. C. The cool forces hot air from the attic, in this case through a ridge ve

**In many parts of the country,** supplementing an air conditioner with a whole-house fan saves big bucks on electricity bills. Depending on where you live, you may even be able to get by most of the summer without using the air conditioner at all.

Attic air temperatures can reach 150° F or more in the summer, and that hot air radiates to interior spaces below. A whole-house fan replaces the hot air with fresh air, so even if the new air is 85° F, your home will feel much cooler. Cost savings provide another advantage. Because a whole-house fan costs less than 5 cents an hour to use—compared with 20 cents for central air conditioning and 15 cents for a window unit—the savings add up.

### How a whole-house fan works

The fan is usually installed in the ceiling of an upper-floor room, where it first draws in fresh air through open windows; the air is then pushed into and out of the at through gable or ridge vents. Along with this cool air g much of the hot air that kept your home uncomfortab The fan can also be installed in the attic's gable w where it pulls air from the rooms below. Each location its benefit: A ceiling installation protects the fan from





ide elements, whereas an attic wall location will be ter for the rooms below.

Whole-house fans operate best when mornings and nings are cool during the summer, spring, and fall. y're not as effective in places with high humidity; in eral, they shouldn't be used if the dew point temper- e is higher than 60° F.

louvered shutter covers the fan's vent from below and be closed when the fan isn't in use, preventing cool or heated air in the winter) from escaping.

### it type to buy

t, determine the fan size appropriate for your house. fan's size is rated in cubic feet of air moved per ute (CFM); the higher the number, the faster the air es. The fan should be sized to move at least 1.5 cubic of air per minute for each square foot of your house. our home measures 2,000 square feet, for example, 'll want a whole-house fan rated at a minimum of 0 CFM. When figuring your home's square footage, ude any halls and stairwells, but leave out the attic, ement, garage, and closets.

Next, decide between a direct-drive and belt-drive fan. rect-drive fan's blades are hooked to the motor, which is mounted in the center of the fan. This type works best for smaller homes. A belt-drive fan uses pulleys and offsets the motor in a corner of the fan. This gives the best control over fan blades, so they move a maximum amount of air. A belt-drive fan is better for a larger home.

Also, look at the motor speed. Low-speed motors (700 rpm or less) are generally quieter than larger motors—but they won't move air as fast. Make sure the motor, especially a larger one, is insulated so it doesn't vibrate the fan frame. Expect the fan to have a background-noise sound comparable to that of a central air conditioner.

### Where and how to install

Whole-house fans work best when installed in a central location, such as a hallway, where they pull air from rooms upstairs and down, as long as interior doors are open. Installation requires cutting a hole into the ceiling and wiring the fan to a power source. Carefully follow step-by-step instructions provided with the fan. Make sure it's installed tightly; if the fan is loose, it will make vibrating noises. Loose louvers can also cause a clatter.

In many homes, the attic vents are too few or too small to handle the volume of air vented by a whole-house fan. Check your vents and install larger ones if necessary.





by Shawn Gilliam



## Before-and-After

# Porch

Charming architecture and a quaint neighborhood attracted Kelly and Matthew Thomas to their 1920s cottage in Marietta, Georgia. But before settling in, they needed to replace a ramshackle screen porch with a structure that complemented their home's Southern style.

continued on page 72

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# Before-and-After Porch

continued from page 70




Kelly and Matthew ordered custom French doors and windows to blend the porch and adjacent two-story addition in with the older part of the home. The porch wraps around one corner of the house and is built a few steps off the ground, bringing it to the same level as the addition. A landing that holds a small table and chairs helps break up the climb. "Having to walk a few steps up to the porch somehow makes it more inviting," Kelly says.

Simple columns, metal roofing, and a tongue-and-groove ceiling and floor add to the charm. A ceiling fan and all-weather wicker furniture—including a pretty swing—carry through on the comfort.

A yellow table, birdhouses, and syrup cans—all picked up at local antiques stores—give the porch a cozy feeling.

Buying information, page 137

# better by design

**Two vacation homes,** although different in structure, create the same desired effect: escape. And that's just what the owners do. For one couple, coming home to Puget Sound meant building a cottagelike hideaway. For another couple, a renovated mill provides a soothing retreat.







The new house with front porch (*right*) conveys a friendly cottage feel because of such elements as a steeply sloped roof, eyebrow dormer windows, cedar shingle siding, porch columns with curving brackets, and a stone walkway.



# Waterfront Welcome

Jill Connors

s is the house that sentimentality built. The homeowners, a dual-career ple, had worked and lived in the heart of Seattle for 20 years. But for their rement, they wanted to fulfill the wife's dream of coming home to Bainge Island, where her family goes back several generations. They found the perty they had in mind—a one-acre lot sloping to the water's edge, plete with mature evergreens, maples, and locust trees—but the site's early Js cabin was beyond saving. So they decided to build something like "a rming old waterfront cottage" from scratch. Architect Peter Stoner, AIA, interior designer Linda Stoner, of Seattle, designed just such an idyll.

continued on page Z6

The wraparound back porch (*above*), all new except for a few planks salvaged from the old cabin, offers views of Puget Sound and the Seattle ferry. A skylight above the porch (*far left*) is positioned to let natural light into the outdoor room.

PHOTOGRAPHS: MIKE JENSEN ARCHITECT: PETER STONER ARCHITECTS. INTERIOR DESIGNER: LINDA STONER. CONTRACTOR: PLEASANT BEACH CONSTRUCTION. REGIONAL CONTRIBUTOR: TRISH MAHARAM

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continued from page Z3



Filled with Craftsman-style details and the homeowners' collections, the living room reflects the spirit of a cottage. "Visitors assume this is an old house," says the husband, who credits their contractor and skilled tradesmen. The fireplace is made of river rocks from the same Northwest river in which the mounted steelhead trout once swam. Framed photogravures are displayed above the custom cabinetry, which was constructed to conceal the television. Built-in bookcases showcase Native American art that the couple has collected for more than 30 years. An archway bridges the entry from living room to dining room.

**A stone fireplace dominates the 17x21-foot living room. The hearth cabinet's wrought-iron doors feature heron-shaped handles, a reference to the name the homeowners have given their retreat: Heron's Hollow.**

continued on page Z10


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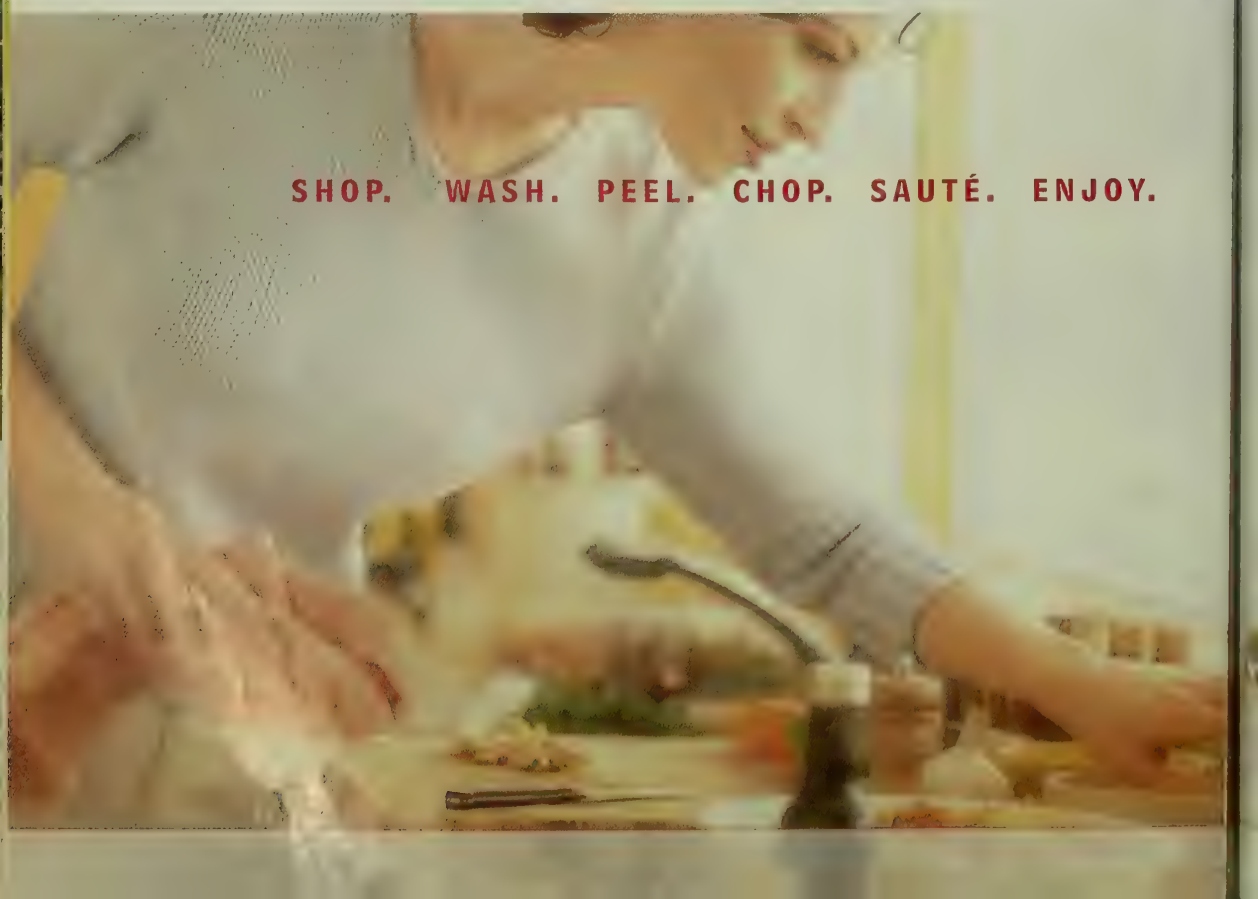
continued from page Z6

For Linda and Peter Stoner, the challenge of this house was to capture the views and address the homeowners' room requirements, but still create a cozy feeling. The two-story, 3,100-square-foot house does just that. "Nine-foot ceilings, lots of carefully placed windows, and light-colored materials made the difference," says Linda. The dining room exemplifies the approach: Two walls of windows celebrate the views, while oak floors and glass-front cabinetry lend a warm, welcoming character for dinner guests to enjoy.



**Windows line the 12x16-foot dining room, making it an enchanted spot for evening dinner parties. A Seattle craftsman made the wrought-iron chandelier in a leaf-and-vine motif that mimics the locust trees and ivy vines on the property.**







The homeowners consider the kitchen the heart of their home. So like "comfort" food, this comfort zone serves up materials and design elements that create good feelings as guests gather. Granite counters, an iron sink, a backsplash with tiles set on the diagonal, custom-built cabinetry, and an arched panel concealing the cooktop hood work to enhance the room's friendly atmosphere. "I get the best possible views and light from lingering afternoon and evening sun," says the wife, who enjoys cooking local delectables.





**Decorative columns reach up to a structural beam and announce the entry to the 13x18-foot kitchen. The area around the cooktop and wall ovens meets demands with extra-deep counters, a built-in spice rack, and copper pots close at hand.**

continued on page Z12



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continued from page Z11





Northwest winters can be wet. And summers me
lots of foot traffic from the beach—lots of salt water a
sand, too—for this Puget Sound home. To keep t
elements of nature contained, the couple selected floori
made of easy-maintenance stone tiles to greet gue
from the home's entry hallway into a mudroom. Conv
niently adjacent to a powder room and laundry, t
mudroom makes cleanup a cinch for everyone.

continued on page

**The mudroom's stone tile floor and big iron hooks (*left*) handle the muddy boots and damp jackets that are part of life in the Pacific Northwest. Beadboard paneling used here is repeated in other closets and hallways.**

**Casement windows (*above*) allow Puget Sound breezes into the kitchen. Snug against the windows, a seating area and built-in desk make it easy for this couple to work, read, lounge, or cook together.**



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continued from page Z12



Another waterfront town on the West Coast proved to be a major inspiration for the homeowners. "We went down to Carmel, California, and shot 30 rolls of film, then pored over it to identify the house elements we wanted," says the husband. "They were things like wrought iron, stone, fountains, small dormers." The 14×16-foot master bedroom, with its iron canopy bed and 10-foot-long window seat shows this sensitivity to charming details. "We wanted a romantic cottage," he says. "Hansel and Gretel on Puget Sound, if you will."

**The retired homeowners chose to locate the master bedroom on the first floor to facilitate access as they age. From the window seat, they look out at a rose garden and fountain, both lit at night.**

continued on page Z16

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continued from page Z14





**The master bath includes plenty of storage space, including this marble-topped chest of drawers (*above*), built-in near the entrance to the tiled shower. The hideaway's namesake heron is etched in the glass of the arched window.**

**A row of windows (*left*) along the tub wall and a mirror above the double vanity make the 6x18-foot master bathroom a light-filled haven.**

With an eye for craftsmanship, the homeowners chose hand-built cabinets for their master bath. Gracing the cabinetry are chrome bin pulls, a detail reminiscent of the early 1900s. Both choices reflect the couple's desire to build a sense of heritage into the house. "As much as possible, we wanted to use real turn-of-the-century cottage elements rather than modern imitations," says the husband, "and to create a home that looked like it had been on the property for generations."

continued on page Z18
Buying information, Z32



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# Making Mill Magic

Barn-red stain or clapboard siding visually links the two buildings of the Rudins' Connecticut getaway. The main house (*far left*) dates from 1790 and originally contained a water-wheel-operated mill; the new guest house (*near left*) sits on the foundation of an early 1800s barn. "This is really a retreat for us," says Gail. "It's remote, quiet, peaceful. Here, we have no projects, no bills to pay, no phone ringing nonstop

For years, Gail and Stephen Rudin's quest for relaxation amounted to little more than moments stolen from two demanding careers. Gail, now retired, sold residential real estate in New York City; Stephen continues to serve as a paper company's chairman of the board. Then, on a weekend trip to the Connecticut countryside, they chanced upon a mill. They paused to look at the low stone wall, handsome house, and dilapidated barn next to it. Before they took their first glimpse inside the house, Stephen turned to Gail and said, "Sweetie, this is it!"

continued on page Z20





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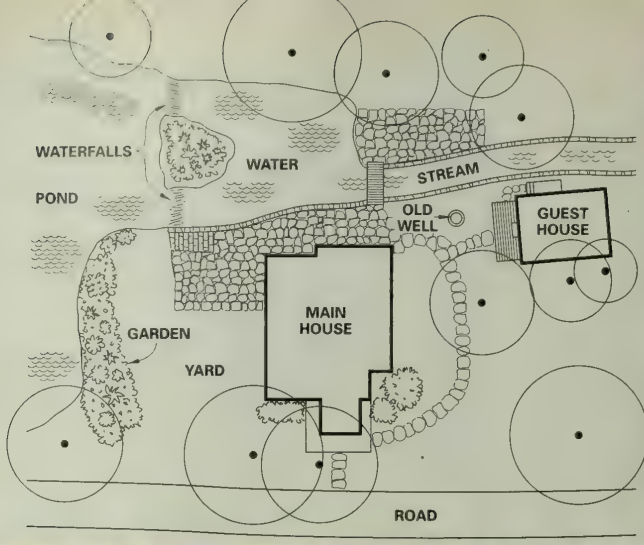


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## better by design

continued from page Z18




**The waterfall (and another just like it to the right) pours into a pool bordered by a low stone wall. The stone footpath continues to the guest house, a few yards downstream.**





The mill property that the Rudins bought included a main house and a barn. The main house—which over the last 200 years has been a mill, a cabinet shop, a cutlery factory, and even a speakeasy—had already been renovated into a one-bedroom getaway. "We walked in the door and basically loved everything we saw," recalls Gail. During their weekend visits, they spend the majority of time in the windowed living/dining room. "I'll sit here and read a book all day," says Gail. "I never do that at home."

continued on page Z22




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continued from page Z20





**Random width red oak floors in the living/dining room (*above*) include both old planks and new. The sliding doors replaced old non-working doors and face the waterfall. The band of windows nearest the dining table date from when the mill was first turned into a house, in the early 1900s.**

**Beyond the seating area (*left*) of the living room rises a stairway crafted by builder Bill Anthony when the house was renovated by previous homeowners. It replaced a metal circular stair and catches the eye with its strong lines: Clear pine handrails parallel a painted board that camouflages the risers.**

The Rudins have spent a lifetime near the water, living year-round on New York's Long Island. But here at their mill property, the water surrounding them is fresh. A brook meanders nearby, feeding a pond that spills over into two cascading waterfalls just behind the house. To capture the sight and sound of the falls, the living room of the main house features a wall of glass doors. Fitted with screens, the doors slide open, not for access to the outdoors but rather to allow the breeze coming off the waterfall to refresh the room.

continued on page Z24

[ See It, #41 in a series
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continued from page Z22



**The lower-level garden room is a charming space, but it wasn't always so. When the main house was renovated, the builder tore out a "wholly impractical, 2-foot-wide conservatory" that had once stood in this room, and added the sliding glass doors.**

When the Rudins bought the mill property, the only space for overnight guests was on the lower level, which includes this garden room facing the waterfalls, a television room with a sleeper sofa, a bar with a wet sink, and a laundry room. With its brick floor, wicker chairs, and sliding doors leading to a stone terrace, the garden room has become a favorite gathering spot for entertaining.

continued on page Z26

# CHARLES P. ROGERS BEDS

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continued from page Z24

The Rudins enjoy a peaceful moment on the deck of the new guest house. Rising two full stories, the barnlike structure features stained cedar clapboard siding, a cedar shingle roof, and a fieldstone chimney.



Still in working condition, the old well on the couple's mill property serves the new guest house. A stream (in the foreground) runs just 3 feet from the property.

## Guest house

The Rudins turned to a builder to convert an old barn into a guest house—but it couldn't be saved. Zoning regulations demanded any new building rise on the exact footprint of the old barn, which was too close to water for comfort. A solution to the restrictions was to erect the new guest house on piers, so the water could run under the structure if it had to. Salvaged windows from the original house were installed vertically alongside the fireplace. This simple enhancement to the exterior also provided great views to the main house and waterfall.

Continued on page Z28

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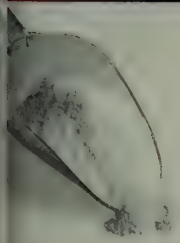
A tall fieldstone fireplace, double-height windows salvaged from the original mill, and a cathedral ceiling create an expansive feeling for the living area of the guest house.



Inspired by the old barn, which had one large room with a hayloft, the Rudins wanted an open plan for the guest house. The main living area has ceilings that soar to 20 feet at the peak, and the fireplace rises all the way as well. Floors of ponderosa pine meet the couple's desire for a space with casual airs. Furnishings follow a laid-back Americana theme: plaid upholstery, a painted rocker, sturdy tables. Sentiment receives a place of honor: The ship model (*above* and *right*) on the mantel was built by Stephen's father in the 1930s.

continued on page Z30

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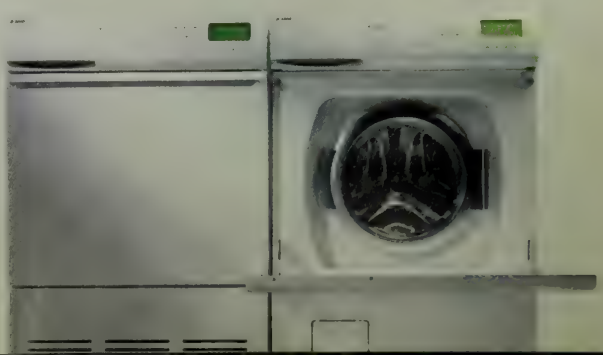
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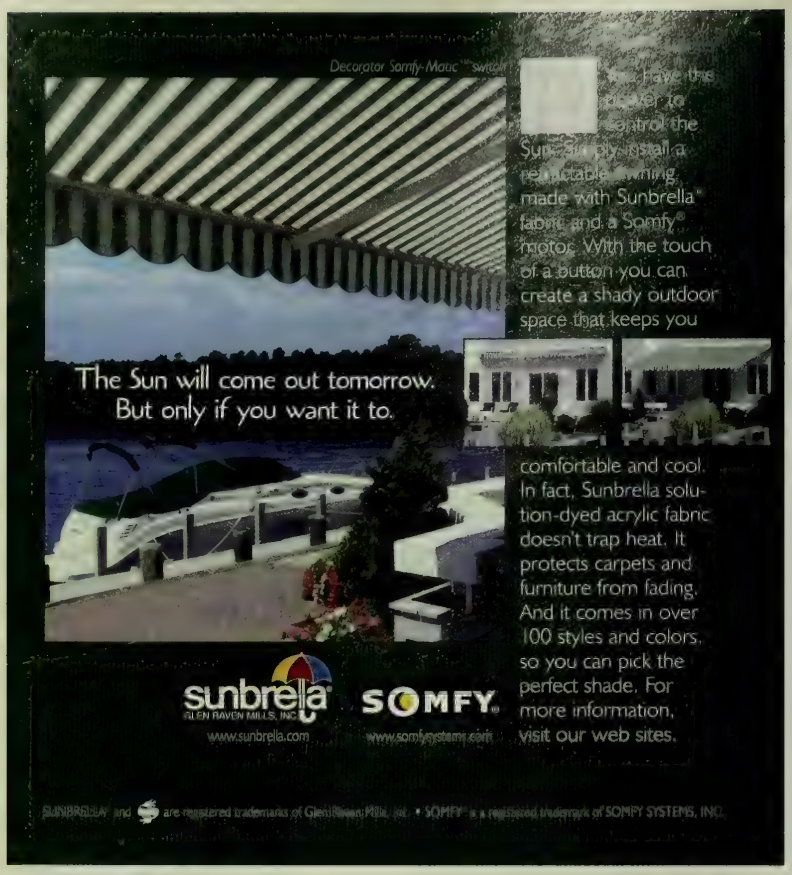
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## better by design

continued from page Z28

"Our guests love the feeling o independence they have when they stay here," says Gail. Essentially a one-bedroom retreat, the guest house includes a refrigerator, sink and coffeemaker tucked into a passageway near the main living area. A bathroom with shower is also on the main level. Now that they've finished building the guest house the couple finds their mill property even more enchanting. "No matter where we travel, we are always overcome by the beauty and richness of the scenery here. Our little getaway is really an incredible spot."



**A pine baluster was built along one side of the guest house sleeping loft, which holds a queen-size bed. Flooring and exposed beams are pine as well.**

Buying information, page Z32




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# buying guide

Some of the products shown editorially in the Better by Design section of *Better Homes and Gardens*® magazine can be obtained locally. For more information, contact the manufacturers listed below.

### Waterfront Welcome

**Page Z2-Z3 (*left*): porch decking, railings**—no source. **(*Top right*): bay window, eyebrow dormers**—Lincoln Window Products Inc., 701 N. State St., Merrill, WI 54452; 715/536-2461. **Roofing,** "Prestique Plus" (Weathered Wood)—Elk Corp., 14643 Dallas Pkwy., Ste. 1000, Dallas, TX 75240; 972/851-0400. **Front door** (Rough Hewn Yellow)—custom. **Wrought-iron front door hardware**—Architectural Ironworks, 12 Bisbee Ct., Santa Fe, NM 87505; 505/438-1864. **Exterior light fixtures**—Brass Light Gallery, 131 S. First St., Milwaukee, WI 53204; 800/243-9595. **(*Left*): porch, deck, railings**—no source.

**Page Z6: window**—Lincoln Window Products Inc. (address above). **Wrought-iron fireplace doors, chandelier**—Iron Design, 83 Yesler Way, Seattle, WA 98104; 206/622-5980; www.irondesigncenter.com. **Wrought-iron floor lamp**—Hubbardton Forge, P.O. Box 827, Rte. 30, Castleton, VT 05375; 802/468-2711. **Gray caned chair, ottoman** (Gobi Sand)—McGuire Furniture Co., 151 Vermont St., San Francisco, CA 94103; 800/662-4847 (only available through designers). **Art collection, sculpture, pedestal basket, pottery**—personal collection.

**Page Z10: windows, doors**—Lincoln Window Products Inc. (address above). **Wrought-iron chandelier**—Iron Design (address above). **Dining table,** "Melrose Collection"—Guy Chaddock & Co., 2201 E. Brundage Ln., Bakersfield, CA 93307; 661/395-5960. **Straight chair in corner**—antique. **Dining room chairs, fabric on chairs**—no source. **Carpet,** "Bellbridge Turkestan Plus" (Beige)—Del-Teet Furniture, 10308 NE. 10th St., Bellevue, WA 98004; 425/462-5400.

**Page Z11: cabinets**—Renaissance Woodworks, 1180 NW. Finn Hill Rd., Poulsbo, WA 98370; 360/697-6444. **Ceramic cooktop,** "Monogram" (Black)—GE Appliances, GE Answer Center; 800/626-2000. **Pot rack**—Enclume Forge, Enclume Design Products, 24 Colwell St., Port Hadlock, WA 98339-9701; or phone 360/385-6100; www.enclume.com. **Backsplash tile,** "Capriccio"—Ann Sacks Tile & Stone, 8120 NE. 33rd Dr., Portland, OR 97211; 800/278-8453. **Granite countertops,** "Verde Fontaine"—Meta Marble & Granite Inc., 410 S. Front, Seattle, WA 98108; 206/762-5547 (only available through designers). **Double iron sink**—Kohler Co.; or phone 800/456-4537; www.kohlerco.com. **Dishwasher**—Bosch, 5551 McFadden Ave., Huntington Beach, CA 92649; 800/866-2022; www.boschappliances.com. **Leaf cabinet handles**—Iron Design (address above). **Cabinet hardware,** "Iron Art"—Acorn Hardware; 800/872-2676. **Cookware**—personal collection.

**Page Z12 (*left*): stone floor tile,** "George"—Ann Sacks Tile & Stone (address above). **Wrought-iron hooks**—Restoration Hardware; 888/243-9720; www.restorationhardware.com. **Wrought-iron door hardware**—Architectural Ironworks (address above). **(*Right*): basket weave wicker chairs**—Henry Link Wicker Furniture; available at www.wickerparadise.com.

**Page Z14: box bay window**—Lincoln Window Products Inc., (address above). **Wrought-iron canopy bed**—Southwest Country, 17940 Ventura Blvd., Encino, CA 91316; or phone 800/472-6341; www.cowboyindian.com. **Blanket chest**—antique. **Brass ginger jar lamps**—Harold's Lamps, 1912 N. 45th, Seattle, WA 98103; 206/633-2557. **Bedding, drapery on canopy bed, print on wall**—no sources.

**Page Z16: accent marble countertops**—Oregon Tile and Marble, 1845 SE. Third Ave., Portland, OR 97214; 503/231-0058. **Sinks**—St. Thomas Creations, 1022 W. 24th St., Ste. 125, National City, CA 91950; 619/474-9490. **Faucets,** "Sacramento Series"—Sign of the Crab, 3756 Omec Cr., Rancho Cordova, CA 95742; 800/843-2722. **Cabinets**—Renaissance Woodworks (address above). **Chrome bin pulls**—Ann Sacks Tile & Stone (address above). **Arched window**—Lincoln Window Products Inc. (address above). **Sandblasted glass**—Dolphin Glass, 6688½ NE. Bayview Blvd., Bainbridge Island, WA 98110; 206/842-6672. **Shower tile** (White and Seashell)—Daltile, 7834 C.F. Hawn Fwy., Dallas, TX 75217; 800/933-8453. **Frameless shower door**—Olympic Glass, 9330 Sportsman Club Rd. NE, Poulsbo, WA 98110; 360/692-6029. **Light fixtures**—no source.

### Making Mill Magic

**Pages Z18-Z20: front door**—Morgan Products Ltd., P.O. Box 2446, Oshkosh, WI 54903; 800/766-1992. **Exterior stain** (Barn Red)—Samuel Cabot, Inc. (address above). **Windows throughout home**—custom. **Roof**—no source.

**Page Z22: pillows, rug, lamp, rocker**—L.L. Bean, Freeport, ME 04033; 800/809-7057; www.llbean.com. **Vase, dishes**—Pier 1 Imports, 800/447-4371; www.pier1.com. **Swan decoy**—The Painted Bird, 12 Main St. N, Woodbury, CT 06798; 203/263-4601; Web site: www.thepaintedbird.com. **Side table under swan**—Grass Roots Antiques, 12 Main St., N, Woodbury, CT 06798; 203/263-3983. **Sliding glass doors**—Andersen Windows, Inc.; 800/426-4261; www.andersenwindows.com. **Coffee table**—antique. **Wood box on coffee table**—homeowner's collection. **Table, chairs at table, chandelier**—no sources.

**Page Z24: sliding glass doors**—Andersen Windows, Inc.; 800/426-4261; www.andersenwindows.com. **Wicker furniture**—no source. **Coffee table**—L.L. Bean (address above). **Rug**—Hamrah Oriental Rugs, 115 Main St., Woodbury, CT 06798; or phone 203/226-4343. **Throw, pillows, cushion for wicker furniture**—no sources. **Bu art on wall, side table with pottery**—homeowner's collection. **Pottery o side table**—Marshalls; 800/627-7425; www.marshallsonline.com.

**Page Z26: cedar clapboard siding finis** (Barn Red)—Samuel Cabot, Inc. (addres above). **Roof**—no source.

**Page Z28: red rocker, pillows, nestin tables, lantern lamp**—L.L. Bean Freeport, ME 04033; 800/809-7057; www.llbean.com. **Coffee table, antiqu fishing baskets**—Grass Roots Antiques 12 Main St., N, Woodbury, CT 06798 203/263-3983. **Decoys**—The Painte Bird (address above). **Artwork fis prints**—Micheal Brent, 23 Plumbbroo Rd., Woodbury, CT 06798; 203/263 2336. **Wrought-iron candlesticks**—Marshalls; or phone 800/627-7425 Web site: www.marshallsonline.com **Blue chenille throw**—Bed Bath & Beyond; 800/462-3966. **Rug, furniture**—no source. **Ship on fireplace mantel**—homeowner's collection.

**Page Z30: stool, chest**—Town an Country Antiques (address above **Comforter on railing**—L.L. Bean Freeport, ME 04033; 800/809-7057 www.llbean.com. **Comforter on bed**—homeowner's collection.

## architects & designers

### Waterfront Welcome

**Pages Z2-Z16: architect**—Peter Stone AIA, Peter Stoner Architects, 1121 Dexte N, Seattle, WA 98109; 206/284-2205 **Interior designer**—Linda Stoner, Pete Stoner Architects (address above **Builder**—Don Heppenstall, Pleasan Beach Construction, 9140 NE. Day Rd Bainbridge Island, WA 98110; 206/842-577

### Making Mill Magic

**Pages Z18-Z30: architect**—Ethelind Coblin Architects, P.C., 505 8th Ave., Ste 2202, New York, NY 10018; 212/967-249 **Project architect**—Jennifer Judge, Coblin Architects, P.C. (address above). **Builder**—William Anthony, 26 Washington Rd Woodbury, CT 06798; 203/263-254 **Fireplace mason**—Patrick Varrone, 5 Hickory Ln., Watertown, CT 06795 860/274-7464. **Landscape architect**—Garden Paths, 100 Weekeepeemee Rd Bethlehem, CT 06751; 203/266-5758.



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# Entry Upgrades

By adding a gable in the middle of the porch, the long plain lines of this front exterior were interrupted. Two sets of columns o each side serve to frame the small windows on both sides of the front door. Along the top of the porch, the generous use c moldings add classical definition. Paneling inside the door alcove lightens the recessed area and adds visual interest.

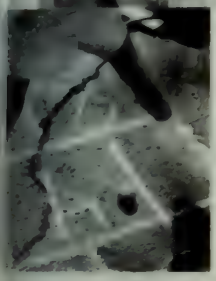



**Colonial takes command.** The plain face of this Portlan home was transformed with tasteful tweakings by past and presen homeowners. A porch was built to shelter visitors from Oregon's wo weather, and enough space was planned to accommodate several chair for visiting without blocking front-door traffic. White paint, nav shutters for top and bottom windows, and wicker chairs were added t complete the home's warm Colonial-style welcome.

continued on page 7

by Laura O'Neil





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continued from page 76

Architect Carolyn Geise's design is a classic, timeless approach that is neither contemporary nor traditional. "The house is a rambler, " she says. "Removing the dark and inset entry updates the style and enhances the ranch's inherent qualities."



2



BEFORE

**Illuminating entrance.** A well-positioned pergola "lights up" the front entry of Glenn Youell's Bellevue, Washington, ranch home in more than one way. The freestanding pergola features a glass roof that allows sunlight to filter in. The light is then reflected through panes of seeded glass (or glass with small bubbles in it) that face out from the structure just below the roof. "I thought of the pergola as a lantern beckoning guests to the front door," says architect Carolyn Geise.

continued on page 80



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continued from page 78



By extending and enclosing the existing decking, the homeowner can now greet guests in a cool and shady, semi-secluded sitting area.



3



**Private screening.** Jim Thompson loved the classic contemporary lines of his recently purchased Florida home, but the entry deck was rather nondescript. "Because of the magnificence of the home's architecture, I felt it needed a stronger presence," says Jim. With the help of an architect, Jim designed an enclosed screened vestibule. Custom woven-reed doors with raised panels highlight the new entry and enhance the tropical style of the house.

continued on page 82

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: 6 min. Bake: 12 min. Serves: 6

sliced strawberries
:up sugar
3 cups Original Bisquick®
:up milk
sp sugar
sp butter or margarine, melted
) (8 oz) Cool Whip, thawed

**HEAT** oven to 425°.

**MIX** 1/2 cup sugar into strawberries, set aside. Stir remaining ingredients, except Cool Whip, until soft dough forms. Drop six spoonfuls onto ungreased cookie sheet.

**BAKE** 10-12 min. Split shortcakes; fill and top with strawberries and Cool Whip.







more recipes, visit www.bettycrocker.com and www.coolwhip.com



## Entry Upgrades

continued from page 80

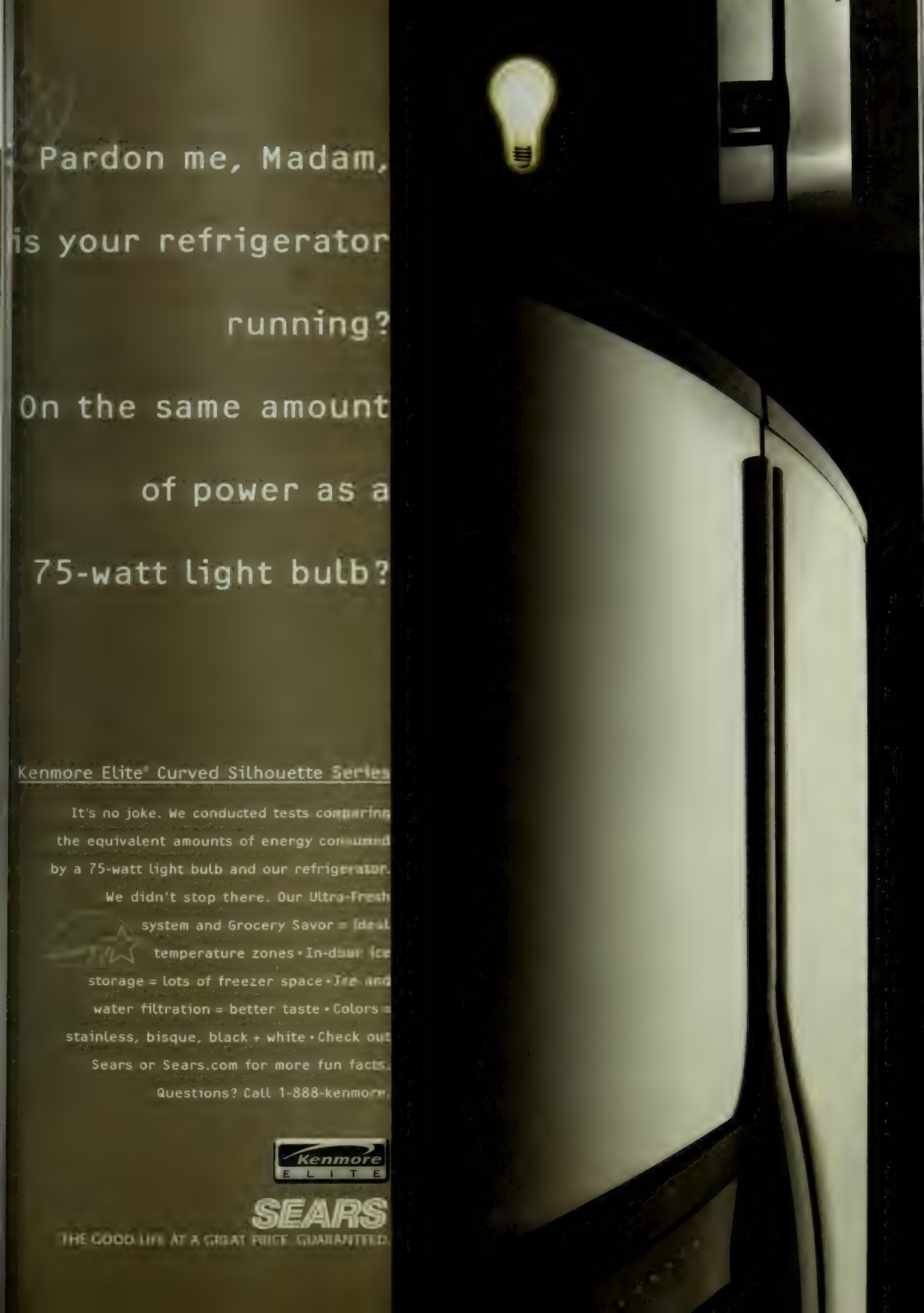
Outside, the entry shape mirrors the other peaks in the front of the house and stays true to the architectural integrity of the original home. Inside, newly laid stone flooring provides the homeowners with a high-style, low-care front entrance.






**Grand openings.** Hefty, dark double front doors made Rosemary and Dan Hole's house in Southern California look almost sinister. To give it a friendly face, the architect repeated the existing cathedral ceiling motif from other living areas and shot the ceiling up dramatically. Now tall transoms, glass French doors, and a pair of sidelights flood the welcome space with natural light.

Buying information, page 137


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by Shawn Gilliam

# Casting Shadows

Adding porches and other outdoor structures may be appealing, but don't sacrifice your enjoyment of nature in the process. By the time you put up a cover for the rain and a shield for the wind, you may be shutting off sunshine and soft breezes. Designer Kathleen Donahue devised an airy courtyard space (*above*) that is private, yet in touch with its surroundings. Sunshine casts architectural shadows through this structure in the same way it filters through nearby pine trees.

The outdoor room, though designed as part of a newly remodeled home, matches the mood of its Arch Cape, Oregon, neighborhood. "Arch Cape is an old beach town, and we wanted to blend in with the landscaping and the other houses in the area," the homeowner says. "We didn't want this to look like a new house."

A tranquil courtyard buffers the space between the front door and the street, yielding privacy without closing off the sky and views of a grand shore pine tree.

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## Casting Shadows

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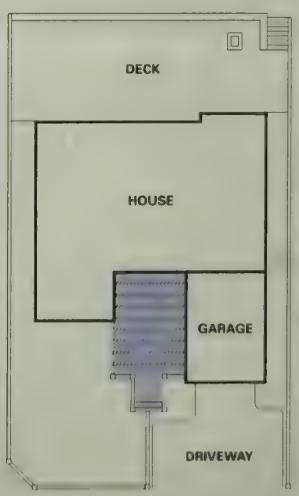




"We considered putting a cover over the space," the architect says, "but decided that it would be too dark."



A raised deck fills much of the entry space between the main part of the home and the garage (see plan, *below*). Open rafters, including some that are built to form a gable (*top left*), extend the length of this space from the front door to gates near the driveway. A bench at the driveway end of the courtyard (*left*) provides a convenient spot for resting bags as they're unloaded from the car. Pacific Rim-inspired plantings and Indonesian stone temple lanterns (*above*) set a peaceful mood.




continued on page 8

Did you know

# acid reflux

could wear away the lining of your esophagus?

# Casting Shadows

continued from page 86



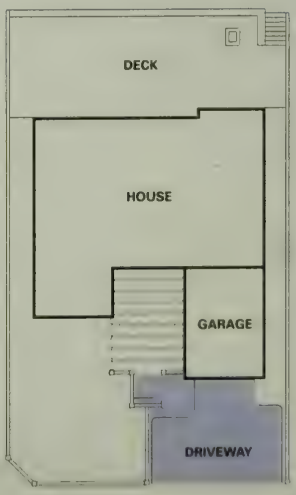




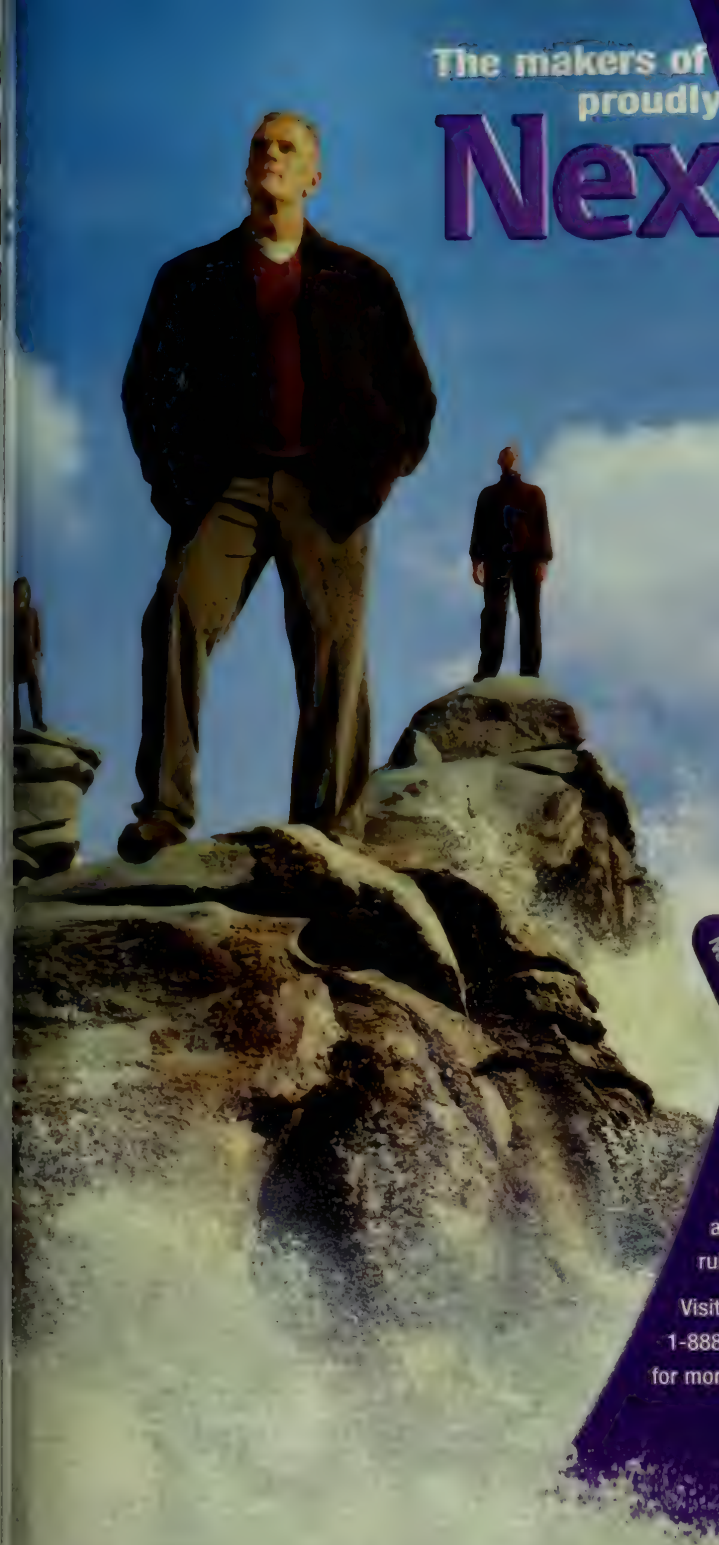
Jogs in the fence block views of the front door from the driveway and street (see plan, *below*). Although solid panels would provide more privacy, narrow slits and open squares in the woodwork (*above* and *below left*) keep the fence/gate scheme airy and sunny. The square grid matches the design in the gabled rafter structure (*left*); along with the light fixtures (*left inset*). This pattern conveys a Pacific Northwest version of the Craftsman style that combines nicely with elements of Far Eastern design.

"The color was custom-blended to match the surroundings," says the homeowner. "On a foggy day the house matches the sky."






continued on page 9



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The pellets should be mixed with the applesauce and then swallowed immediately. The applesauce used should not be hot and should be soft enough to be swallowed without chewing. The pellets should not be chewed or crushed. The pellet/applesauce mixture should not be stored for future use. Antacids may be used while taking NEXIUM. **DRUG INTERACTIONS** Esomeprazole is extensively metabolized in the liver by CYP2C19 and CYP3A4. *In vitro* and *in vivo* studies have shown that esomeprazole is not likely to inhibit CYPs 1A2, 2A6, 2C9, 2D6, 2E1 and 3A4. No clinically relevant interactions with drugs metabolized by these CYP enzymes would be expected. Drug interaction studies have shown that esomeprazole does not have any clinically significant interactions with phenytoin, warfarin, quinidine, clarithromycin or amoxicillin. Esomeprazole may potentially interfere with CYP2C19, the major esomeprazole-metabolizing enzyme. Coadministration of esomeprazole 30 mg and diazepam, a CYP2C19 substrate, resulted in a 45% decrease in clearance of diazepam, increased plasma levels of diazepam were observed 12 hours after dosing and onwards. However at that time, the plasma levels of diazepam were below the therapeutic interval, and thus this interaction is unlikely to be of clinical relevance. Coadministration of oral contraceptives, diazepam, phenytoin, or quinidine did not seem to change the pharmacokinetic profile of esomeprazole. Esomeprazole inhibits gastric acid secretion; therefore, it is theoretically possible that esomeprazole and omeprazole may interfere with absorption of drugs where gastric pH is an important determinant of their bioavailability (eg, ketoconazole, ampicillin esters, digoxin, and iron salts). **Carcinogenesis, Mutagenesis, Impairment of Fertility:** The carcinogenic potential of esomeprazole was assessed using omeprazole studies. In two 24-month carcinogenicity studies in rats, omeprazole at daily doses of 1.7, 3.4, 13.8, 44.0 and 140.8 mg/kg/day (about 0.7 to 57 times the human dose of 20 mg/day expressed on a body surface area basis) produced gastric ECL cell carcinoids in a dose-related manner in both male and female rats; the incidence of this effect was markedly higher in female rats, which had higher blood levels of omeprazole. Gastric carcinoids seldom occur in the untreated rat. In addition, ECL cell hyperplasia was present in all treated groups of both sexes. In one of these studies, female rats were treated with 13.8 mg omeprazole/kg/day (about 5.6 times the human dose on a body surface area basis) for 1 year, then followed for an additional year without the drug. No carcinoids were seen in these rats. An increased incidence of treatment-related ECL cell hyperplasia was observed at the end of 1 year (94% treated vs 10% controls). By the second year the difference between treated and control rats was much smaller (46% vs 26%) but still showed more hyperplasia in the treated group. Gastric adenocarcinoma was seen in one rat (2%). No similar tumor was seen in male or female rats treated for 2 years. For this strain of rat no similar tumor has been noted historically, but a finding involving only one tumor is difficult to interpret. A 78-week mouse carcinogenicity study of omeprazole did not show increased tumor occurrence, but the study was not conclusive. Esomeprazole was negative in the Ames mutation test, in the *in vivo* rat bone marrow cell chromosome aberration test, and the *in vivo* mouse micronucleus test. Esomeprazole, however, was positive in the *in vitro* human lymphocyte chromosome aberration test. Omeprazole was positive in the *in vitro* human lymphocyte chromosome aberration test, the *in vivo* mouse bone marrow cell chromosome aberration test, and the *in vivo* mouse micronucleus test. The potential effects of esomeprazole on fertility and reproductive performance were assessed using omeprazole studies. Omeprazole at oral doses up to 138 mg/kg/day in rats (about 56 times the human dose on a body surface area basis) was found to have no effect on reproductive performance of parental animals. **Pregnancy:** *Teratogenic Effects. Pregnancy Category B* - Teratology studies have been performed in rats at oral doses up to 280 mg/kg/day (about 57 times the human dose on a body surface area basis) and in rabbits at oral doses up to 86 mg/kg/day (about 35 times the human dose on a body surface area basis) and have revealed no evidence of impaired fertility or harm to the fetus due to esomeprazole. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, this drug should be used during pregnancy only if clearly needed. Teratology studies conducted with omeprazole in rats at oral doses up to 138 mg/kg/day (about 56 times the human dose on a body surface area basis) and in rabbits at doses up to 69 mg/kg/day (about 56 times the human dose on a body surface area basis) did not disclose any evidence for a teratogenic potential of omeprazole. In rabbits, omeprazole in a dose range of 6.9 to 69.1 mg/kg/day (about 5.5 to 56 times the human dose on a body surface area basis) produced dose-related increases in embryo-lethality, fetal resorptions and pregnancy disruptions. In rats, dose-related embryo/fetal toxicity and postnatal developmental toxicity were observed in offspring resulting from parents treated with omeprazole at 13.8 to 138.0 mg/kg/day (about 5.6 to 56 times the human doses on a body surface area basis). There are no adequate and well-controlled studies in pregnant women. Sporadic reports have been received of congenital abnormalities occurring in infants born to women who have received omeprazole during pregnancy. **Nursing Mothers:** The excretion of esomeprazole in milk has not been studied. However, omeprazole concentrations have been measured in breast milk of a woman following oral administration of 20 mg. Because esomeprazole and omeprazole are likely to be excreted in human milk, and because of the potential for serious adverse reactions in nursing infants from esomeprazole and because of the potential for tumorigenicity shown for omeprazole in rat carcinogenicity studies, a decision should be made to discontinue the drug, taking into account the importance of the drug to the mother. **Pediatric Use:** Safety and effectiveness in pediatric patients have not been established. **Geriatric Use:** Of the total number of patients who received NEXIUM in clinical trials, 778 were 65 to 74 years of age and 124 patients were ≥ 75 years of age. No overall differences in safety and efficacy were observed between the elderly and younger individuals, and other reported clinical experience has not identified differences in responses between the elderly and younger patients, but greater sensitivity of some older individuals cannot be ruled out. **ADVERSE REACTIONS** The safety of NEXIUM was evaluated in over 10,000 patients (aged 18-84 years) in clinical trials worldwide including over 7,400 patients in the United States and over 2,600 patients in Europe and Canada. Over 2,900 patients were treated in long-term studies for up to 6-12 months. In general, NEXIUM was well tolerated in both short- and long-term clinical trials. The safety in the treatment of healing of erosive esophagitis was assessed in four randomized comparative clinical trials, which included 1,240 patients on NEXIUM 20 mg, 2,434 patients on NEXIUM 40 mg, and 3,008 patients on omeprazole 20 mg daily. The most frequently occurring adverse events (≥1%) in all three groups was headache (5.5, 5.0 and 3.8, respectively) and diarrhea (no difference among the three groups). Nausea, flatulence, abdominal pain, constipation, and dry mouth occurred at similar rates among patients taking NEXIUM or omeprazole. Additional adverse events that were reported as possibly or probably related to NEXIUM with an incidence < 1% are listed below by body system:

***Body as a Whole:*** abdomen enlarged, allergic reaction, asthenia, back pain, chest pain, chest pain substernal, facial edema, peripheral edema, hot flushes, fatigue, fever, flu-like disorder, generalized edema, leg edema, malaise, pain, rigors. ***Cardiovascular:*** flushing, hypertension, tachycardia. ***Endocrine:*** goiter. ***Gastrointestinal:*** bowel irregularity, constipation aggravated, dyspepsia, dysphagia, dysplasia GI, epigastric pain, eructation, esophageal disorder, frequent stools, gastroenteritis, GI hemorrhage, GI symptoms NOS, hiccup, melena, mouth disorder, pharynx disorder, rectal disorder, serum gastrin increased, tongue disorder, tongue edema, ulcerative stomatitis, vomiting. ***Hearing:*** earache, tinnitus. ***Hematologic:*** anemia, anemia hypochromic, cervical lymphoadenopathy, epistaxis, leukocytosis, leukopenia, thrombocytopenia. ***Hepatic:*** bilirubinemia, hepatic function abnormal, SGOT increased, SGPT increased. ***Metabolic/Nutritional:*** glycosuria, hyperuricemia, hyponatremia, increased alkaline phosphatase, thirst, vitamin B12 deficiency, weight increase, weight decrease. ***Musculoskeletal:*** arthralgia, arthritis, arthropathy, cramps, fibromyalgia syndrome, hernia, polymyalgia rheumatica. ***Nervous System/Psychiatric:*** anorexia, apathy, appetite increased, confusion, depression aggravated, dizziness, hypertonia, nervousness, hypoesthesia, impotence, libido decreased, migraine aggravated, paresthesia, sleep disorder, somnolence, tremor, vertigo, visual field defect. ***Reproductive:*** breast pain, female, menstrual disorder, vaginitis. ***Respiratory:*** asthma aggravated, coughing, dyspnea, larynx edema, pharyngitis, rhinitis, ... ***Skin and Appendages:*** acne, angioedema, dermatitis, pruritus, pruritus ani, rash, rash erythematous, rash maculo papular, skin inflammation, sweating increased, urticaria. ***Special Senses:*** otitis media, parosmia, taste loss, taste perversion. ***Urogenital:*** cystitis, female albuminuria, cystitis, dysuria, fungal infection, hematuria, micturition frequency, moniliasis, genital moniliasis. ***Visual:*** conjunctivitis, vision abnormal. Endoscopic findings that were reported as adverse events include duodenitis, esophageal stricture, esophageal ulceration, esophageal varices, gastric ulcer, gastritis, hernia, benign polyps or nodules, ... and mucosal discoloration. Other adverse events not observed with NEXIUM, but occurring with omeprazole (... see the omeprazole package insert. **OVERDOSAGE** A single oral dose of esomeprazole at 510 mg/kg (about 103 times ... dose on a body surface area basis), was lethal to rats. The major signs of acute toxicity were reduced motor activity, ... respiratory frequency, tremor, ataxia, and intermittent clonic convulsions. There have been no reports of overdose with ... Reports have been received of overdosage with omeprazole in humans. Doses ranged up to 2,400 mg (120 times ... commended clinical dose). Manifestations were variable, but included confusion, drowsiness, blurred vision, ... nea, diaphoresis, flushing, headache, dry mouth, and other adverse reactions similar to those seen in normal clinical ... (see omeprazole package insert-**ADVERSE REACTIONS**). No specific antidote for esomeprazole is known. Since esomeprazole extensively protein bound, it is not expected to be removed by dialysis. In the event of overdosage, treatment should be ... ic and supportive. As with the management of any overdose, the possibility of multiple drug ingestion should be considered. ... rrent information on treatment of any drug overdose, a certified Regional Poison Control Center should be contacted. ... phone numbers are listed in the Physicians' Desk Reference (PDR) or local telephone book.

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# Prilosec® *(omeprazole)*
## 20-MG Delayed-Release Capsules

**BRIEF SUMMARY** Before prescribing PRILOSEC, please see full Prescribing Information. **INDICATIONS AND ... *Erosive Esophagitis*:** PRILOSEC Delayed-Release Capsules are indicated for the short-term treatment (4-8 weeks) in the ... erosive esophagitis, which has been diagnosed by endoscopy. **CONTRAINDICATIONS** Omeprazole PRILOSEC ... Release Capsules are contraindicated in patients with known hypersensitivity to any component of the formulation. **PR... TIONS** Symptomatic response to therapy with omeprazole does not preclude the presence of gastric malignancy. Atrophi... has been noted occasionally in gastric corpus biopsies from patients treated long-term with omeprazole. **Informat... Patients:** PRILOSEC Delayed-Release Capsules should be taken before eating and should not be opened, chewed or cru... should be swallowed whole. **DRUG INTERACTIONS** *Other* Omeprazole can prolong the elimination of diazepam, war... phenytoin, drugs that are metabolized by oxidation in the liver. Although in normal subjects no interaction with theophy... propranolol was found, there have been clinical reports of interaction with other drugs metabolized via the cytochrome P-45... (eg, cyclosporine, disulfiram, and benzodiazepines). Patients should be monitored to determine if it is necessary to adjust th... of these drugs when taken concomitantly with PRILOSEC. Omeprazole inhibits gastric acid secretion; therefore, it is the... possible that omeprazole may interfere with absorption of drugs where gastric pH is an important determinant of their bioa... (eg, ketoconazole, ampicillin esters, digoxin, and iron salts). In clinical trials, antacids were used concomitantly with the ad... tion of PRILOSEC. **Carcinogenesis, Mutagenesis, Impairment of Fertility:** In two 24-month carcinogenici... in rats, omeprazole at daily doses of 1.7, 3.4, 13.8, 44.0 and 140.8 mg/kg/day (approximately 4 to 352 times the human do... on a patient weight of 50 kg and a human dose of 20 mg) produced gastric ECL cell carcinoids in a dose-related manner in b... and female rats; the incidence of this effect was markedly higher in female rats, which had higher blood levels of omeprazol... carcinoids seldom occur in the untreated rat. In addition, ECL cell hyperplasia was present in all treated groups of both sex... of these studies, female rats were treated with 13.8 mg omeprazole/kg/day (approximately 35 times the human dose) for ... then followed for an additional year without the drug. No carcinoids were seen in these rats. An increased incidence of t... related ECL cell hyperplasia was observed at the end of one year (94% treated vs 10% controls). By the second year the d... between treated and control rats was much smaller (46% vs 26%) but still showed more hyperplasia in the treated group. A... primary malignant tumor in the stomach was seen in one rat (2%). No similar tumor was seen in male or female rat... for two years. For this strain of rat no similar tumor has been noted historically, but a finding involving only o... is difficult to interpret. A 78-week mouse carcinogenicity study of omeprazole did not show increased tumor occurr... the study was not conclusive. Omeprazole was not mutagenic in an *in vitro* Ames *Salmonella typhimurium* a... *in vitro* mouse lymphoma cell assay and an *in vivo* rat liver DNA damage assay. A mouse micronucleus test at 625 and 62... the human dose gave a borderline result, as did an *in vivo* bone marrow chromosome aberration test. A second mouse micr... study at 2000 times the human dose, but with different (suboptimal) sampling times, was negative. In a rat fertility and gene... ductive performance test, omeprazole in a dose range of 13.8 to 138.0 mg/kg/day (approximately 35 to 345 times the hum... was not toxic or deleterious to the reproductive performance of parental animals. **Pregnancy:** *Category C* - Teratolog... conducted in pregnant rats at doses up to 138 mg/kg/day (approximately 345 times the human dose) and in pregnant ... doses up to 69 mg/kg/day (approximately 172 times the human dose) did not disclose any evidence for a teratogenic po... omeprazole. In rabbits, omeprazole in a dose range of 6.9 to 69.1 mg/kg/day (approximately 17 to 172 times the hum... produced dose-related increases in embryo-lethality, fetal resorptions and pregnancy disruptions. In rats, dose-related em... toxicity and postnatal developmental toxicity were observed in offspring resulting from parents treated with omeprazol... 138.0 mg/kg/day (approximately 35 to 345 times the human dose). There are no adequate or well-controlled studies in ... women. Sporadic reports have been received of congenital abnormalities occurring in infants born to women who have ... omeprazole during pregnancy. Omeprazole should be used during pregnancy only if the potential benefit justifies the potent... the fetus. **Nursing Mothers:** It is not known whether omeprazole is excreted in human milk. In rats, omeprazole admi... during late gestation and lactation at doses of 13.8 to 138 mg/kg/day (35 to 345 times the human dose) resulted in decreas... gain in pups. Because many drugs are excreted in human milk, because of the potential for serious adverse reactions ... infants from omeprazole, and because of the potential for tumorigenicity shown for omeprazole in rat carcinogenicity stude... sion should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of th... the mother. **Pediatric Use:** Safety and effectiveness in pediatric patients have not been established. **Geriatric Use:** N... differences in safety and efficacy were observed between the elderly and younger individuals, and other reported clinical ex... has not identified differences in responses between the elderly and younger patients, but greater sensitivity of some older in... cannot be ruled out. **ADVERSE REACTIONS** In the U.S. clinical trial population of 465 patients (including duode... Zollinger-Ellison syndrome and resistant ulcer patients), the following adverse experiences were reported to occur in 1% o... patients on therapy with PRILOSEC. Numbers in parentheses indicate percentages of the adverse experiences considered ... tigators as possibly, probably or definitely related to the drug:

| | Omeprazole (n=465) | Placebo (n=64) | Ranitidine (n=19 |
|---|---|---|---|
| Headache | 6.9 (2.4) | 6.3 | 7.7 (2.6) |
| Diarrhea | 3.0 (1.9) | 3.1 (1.6) | 2.1 (0.5) |
| Abdominal Pain | 2.4 (0.4) | 3.1 | 2.1 |
| Nausea | 2.2 (0.9) | 3.1 | 4.1 (0.5) |
| URI | 1.9 | 1.6 | 2.6 |
| Dizziness | 1.5 (0.6) | 0.0 | 2.6 (1.0) |
| Vomiting | 1.5 (0.4) | 4.7 | 1.5 (0.5) |
| Rash | 1.5 (1.1) | 0.0 | 0.0 |
| Constipation | 1.1 (0.9) | 0.0 | 0.0 |
| Cough | 1.1 | 0.0 | 1.5 |
| Asthenia | 1.1 (0.2) | 1.6 (1.6) | 1.5 (1.0) |
| Back Pain | 1.1 | 0.0 | 0.5 |

The following adverse reactions which occurred in 1% or more of omeprazole-treated patients have been reported in inte... double-blind and open-label clinical trials in which 2,631 patients and subjects received omeprazole and 120 patien... placebo. A causal relationship was not assessed. The percentages are given omeprazole then placebo respectively. *Body as ... site unspecified*: Abdominal Pain 5.2% and 3.3%, Asthenia 1.3% and 0.8%. *Digestive System*: Constipation 1.5 and 0.8, ... 3.7 and 2.5, Flatulence 2.7 and 5.8, Nausea 4.0 and 6.7, Vomiting 3.2 and 10.0, Acid regurgitation 1.9 and 3.3. *... System/Psychiatric*: Headache 2.9 and 2.5. Additional adverse experiences occurring in < 1% of patients or subjects in ... and/or international trials, or occurring since the drug was marketed, are shown below within each body system. In many i... the relationship to PRILOSEC was unclear. *Body As a Whole*: Allergic reactions including, rarely anaphylaxis (see also *SA... fever, pain, fatigue, malaise, abdominal swelling. *Cardiovascular*: Chest pain or angina, tachycardia, bradycardia, palpitation... blood pressure, peripheral edema. *Gastrointestinal*: Pancreatitis (some fatal), anorexia, irritable colon, flatulence, fecal disc... esophageal candidiasis, mucosal atrophy of the tongue, dry mouth. During treatment with omeprazole, gastric fundic glan... have been noted rarely. These polyps are benign and appear to be reversible when treatment is discontinued. Gastroduode... noids have been reported in patients with ZE syndrome on long-term treatment with PRILOSEC. This finding is believed to b... festation of the underlying condition, which is known to be associated with such tumors. *Hepatic*: Mild and, rarely, marked e... of liver function tests [ALT (SGPT), AST (SGOT), γ-glutamyl transpeptidase, alkaline phosphatase and bilirubin (jaundice)... instances, overt liver disease has occurred including hepatocellular, cholestatic, or mixed hepatitis, liver necrosis (som... hepatic failure (some fatal) and hepatic encephalopathy. *Metabolic/Nutritional*: Hyponatremia, hypoglycemia, wei... *Musculoskeletal*: Muscle cramps, myalgia, muscle weakness, joint pain, leg pain. *Nervous System/Psychiatric*: Psychic dist... including depression, aggression, hallucinations, confusion, insomnia, nervousness, tremors, apathy, somnolence, anxie... abnormalities, vertigo, paresthesia, hemifacial dysesthesia. *Respiratory*: Epistaxis, pharyngeal pain. *Skin*: Rash and, rarely, ... severe generalized skin reactions including toxic epidermal necrolysis (TEN, some fatal), Stevens-Johnson syndrome and ... multiforme (some severe), purpura and/or petechiae (some with rechallenge), skin inflammation, urticaria, angioedema, ... alopecia, dry skin, hyperhidrosis. *Special Senses*: Tinnitus, taste perversion. *Urogenital*: Interstitial nephritis (some with ... rechallenge), urinary tract infection, microscopic pyuria, urinary frequency, elevated serum creatinine, proteinuria, hematur... suria, testicular pain, gynecomastia. *Hematologic*: Rare instances of pancytopenia, agranulocytosis (some fatal), thrombocy... neutropenia, anemia, leucocytosis, and hemolytic anemia have been reported.

**OVERDOSAGE** Rare reports have been received of overdosage with omeprazole. Doses ranged from 320 mg to ... (16-45 times the usual recommended clinical dose). Manifestations were variable, but included confusion, drowsiness, ... vision, tachycardia, nausea, diaphoresis, flushing, headache, and dry mouth. Symptoms were transient, and no serious ... outcome has been reported. No specific antidote for omeprazole overdosage is known. Omeprazole is extensively protein bo... is therefore not readily dialyzable. In the event of overdosage, treatment should be symptomatic and supportive.

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**NOTE: This summary provides important information about NEXIUM and PRILOSEC. If you would like more information, ask your doctor or pharmacist to let you read the professional labeling and then discuss it with the**

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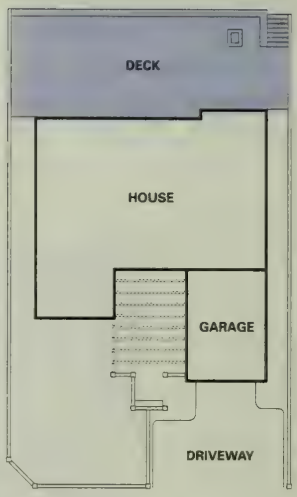
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# Casting Shadows

continued from page 88

A deck overlooking the ocean (see plan, *right*) is just as serene as the courtyard. Even benches near the fire pit are low and simple, so that they don't interfere with the view. The slate-covered fire pit was designed with a wide opening to keep sparks from flying out; on windy days, however, a grate is placed over its top.

Buying information, page 137




"We love to sit by the fire—wrapped in quilts if it's chilly—and watch the stars," the homeowner says.




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# More Parental Involvement Means Student Success

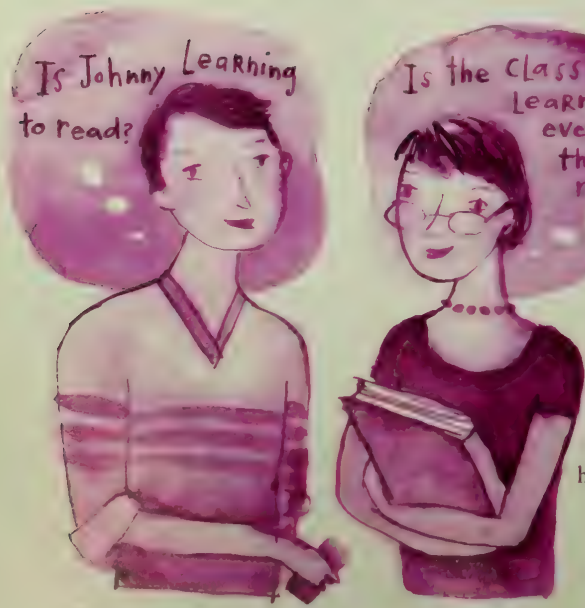
## Start the New School Year Right

Parents and teachers should work together to ensure a student's success in school. But these two parties often start with different goals, says Roger Weissberg, a professor at the University of Illinois at Chicago and an expert in school-family partnerships. "If I'm a parent, my goal first and foremost is to make sure my child gets the best of everything," says Weissberg. "A teacher's goal is to make sure everyone in class has a good educational experience."

Parents and teachers also may disagree about how parents should be involved in their child's education—at home and at school. "There can be conflicts between the teacher's attitude and practices, and what parents want," Weissberg says. Yet research shows that "if parents are involved in their child's education, the child can do better academically, socially, and emotionally," says Weissberg. And teachers tend to pay attention to students whose parents are engaged and helpful in a consistent, constructive way.

As the new school year approaches, consider this advice from the Laboratory for Student Success at Temple University in Philadelphia on how to get off to a good start with your child's teacher:

- Go to the orientation or open house and get the information you need, including the teacher's phone number and the best times to call.
- Tell the teacher you want updates on your child's schoolwork and behavior. Give the teacher your phone numbers and best times to call.
- Let the teacher know you want to work together, in a positive way, on problems. Show respect and support—and thank teachers.
- Demonstrate your interest by showing up at school meetings, volunteering, and visiting the classroom. Update the teacher on any major changes in your child's life (a divorce, death, new sibling) that may affect his or her schoolwork.




continued on page 98



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Reference: 1 Centers for Disease Control and Prevention: Varicella-related deaths among children—United States 1997. *MMWR 47(RR18)*:365-368. May 15. 1998.

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## Higher standards expected



Many states are trying to improve public school education by setting higher standards that students must meet before moving to the next grade or graduating. This means kids must take standardized tests to see if they've met new academic requirements.

"Parents do think that testing could get out of hand," says Deborah Wadsworth, president of Public Agenda, a nonpartisan, nonprofit group in New York that recently polled parents, students, and teachers. "But at the present time, they think these kinds of standardized tests measure very important skills and knowledge, and that there's nothing wrong about spending a proportion of time on this."

The "higher standards movement" is starting to take hold nationwide, according to Public Agenda's 2001 annual survey. More parents report that their children must pass a test to advance in school. Fewer teachers say their schools allow "social promotion"—the practice of promoting failing students to the next grade for social reasons.

The survey found little evidence of a backlash against testing. Parents generally support using tests to help raise academic standards. But they don't want schools spending too much classroom time on testing or determining a student's future solely on the results of one test, something that teachers report isn't happening.

Most students considered standard tests fair, and few resented or felt anxious about them. They also didn't think they had too many tests.

Teachers were the most skeptical, the survey found. Most say tests can motivate students and help diagnose problems—and that, so far, test preparation isn't interfering with "real classroom learning." Yet many teachers fear that school districts are already overemphasizing tests. They are also concerned that "teaching to the test" will become the norm.

### JUST FOR PARENTS

Find helpful parenting tips, resources, and educational activities on these Web sites.

Parents' Edge
www.parentsedge.com
- This site has sections on working parents, stages of a child's growth, suggested books for kids, and more. For example, in the "Book Brain" section, parents can plug in their child's reading level and interests. Books meeting this criteria are listed.

Education Planet
www.educationplanet.com
- A list of top 10 parent Web sites are featured, along with other Web resources, such as books, software, maps, and videos.

Parent Stages
www.parentstages.com
- This site has tips for school success and an activity center with hundreds of art projects and skilled learning games for children.

Gifted Resources Home Page
www.eskimo.com/~user/kids.html
- Online gifted resources, enrichment programs, talent searches, summer programs, and government programs are listed.



## DARE to be different

Across the country, police officers visit elementary school classrooms to lecture about the dangers of alcohol, tobacco, and drugs. They're the foot soldiers of DARE (Drug Abuse Resistance Education)—the nation's most widely used school program to prevent substance abuse.

But next fall, DARE is launching a second offensive by sending its officers into more middle and high school classrooms. Faced with mounting criticism that its present program is ineffective, DARE is testing a new curriculum this fall for seventh and ninth graders in New York City, Detroit, St. Louis, Houston, and Los Angeles. An estimated 50,000 students at 80 high schools and their 176 feeder middle schools will be involved in the five-year study.

The new DARE aims to engage students by using more hands-on teaching, including class discussions and problem-solving exercises.

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## Raising Kids in an

# Age of Affluence

Everywhere kids turn, they're urged to buy. The underlying message: Spend more to be more popular and happier.

"We, as a nation, are caught in this wave of hypnotic consumption where everything we do is revolving around what we spend," says Nathan Dungan, a family financial expert with Lutheran Brotherhood, a financial services organization based in Minneapolis. "The danger for kids is that their self-worth is determined by what they have. What's at risk is our sense of who we are and what we are."

To fight back, parents need to teach their children money management skills—not only how to save and share, but how to spend wisely, says Dungan. His organization sponsors free seminars for adolescents and their parents, covering topics like "What can be done with $100" and "The value of a dollar."

Raised during an affluent age and targeted by $12 billion worth of advertising and marketing annually, American children spend over $166 billion a year—and directly influence $250 billion worth of their parents' spending by requesting or demanding things, says James McNeal, a retired Texas A&M University professor who specializes in the children's market.

"There's a great recognition that financial training needs to happen in the home, but it's not—because of parents' lack of knowing what to say or where to start," says Dungan.

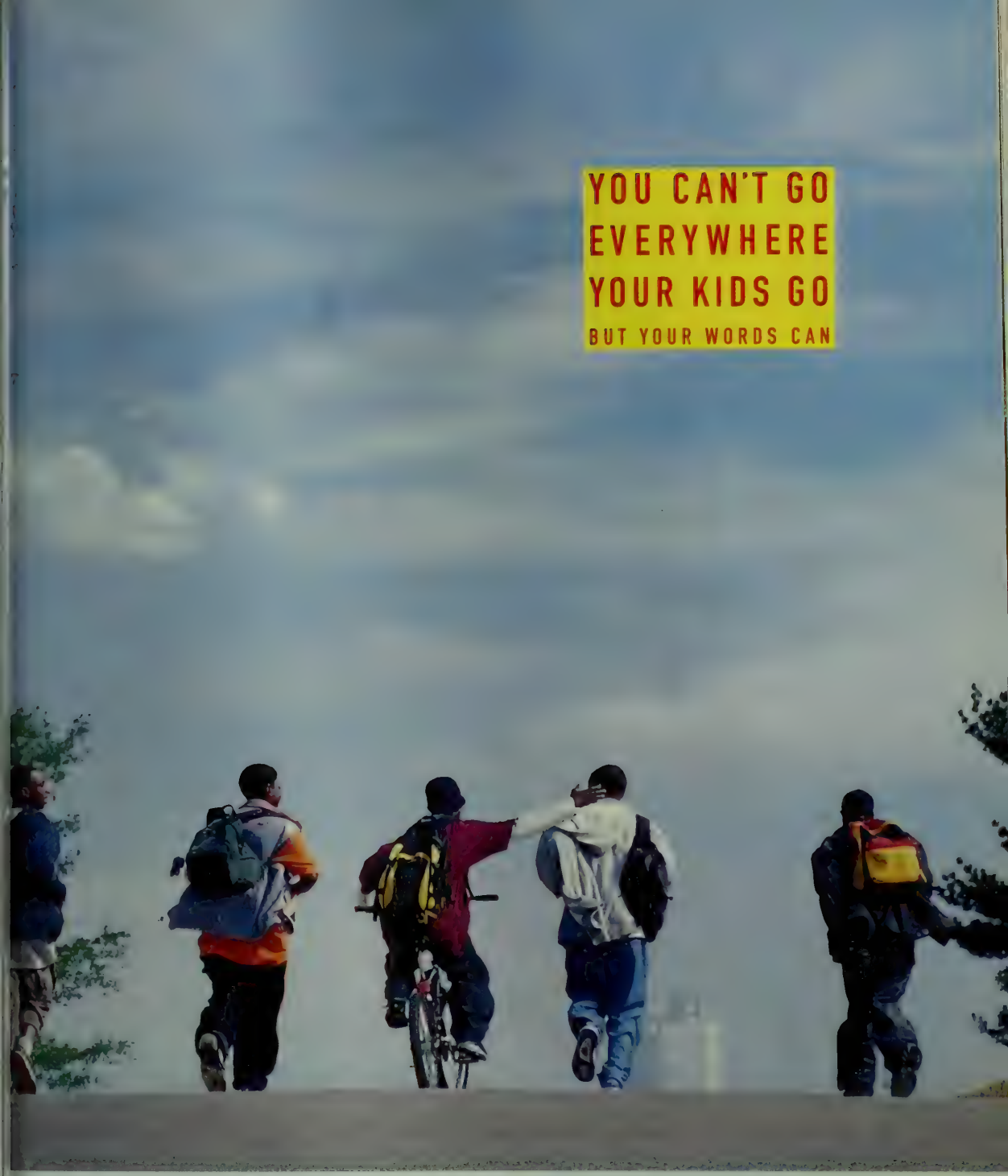
Here are some ways parents can start to encourage wise spending.

**Be a role model**

"We're modeling even when we think we're not," says Gwen Reichbach, director of the National Institute for Consumer Education, based at Eastern Michigan University in Ypsilanti. "Children pick up their purchasing and consumer patterns and attitudes toward money from their parents without us even realizing it."

Do a little self-assessment to determine your values regarding money, says Dungan. He recommends parents ask themselves these questions: When it comes to spending, saving, and sharing, which is my priority? Is all of my energy and time

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f your kids are ever tempted to smoke, chances are you
t be there. That's why it's so important that you talk with
about smoking before some of their peers do.
four words can give them the help they need to make the
choices when the time comes. So even if you can't be
where they go, your influence will be.

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Youth Smoking Prevention Philip Morris USA

Ph Morris USA www.philipmorrisusa.com

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, And Emphysema.

 continued from page 100



weighted toward spending? Do we have family conversations about saving money?

**Talk openly and honestly**

Engage in "frequent intentional conversation" with your children, perhaps starting with such broad topics as starting a savings account and donating to charity—offering some "counter rhythm to all the messages of spending," says Dungan. Other topics may include the perils of debt, the cost of credit, and the wisdom of budgeting. Also, don't shy away from talking about your own financial successes—and mistakes. With mistakes, explain the consequences and how you repaired or learned from them.

"Admit that you don't have all the answers," says Dungan.

**Offer some basics**

To build strong positive financial skills, children should understand that resources are not unlimited, says Reichbach. They also should learn the difference between wants and needs; immediate vs. delayed gratification; and saving for the short-term (an ordinary trip to the mall) vs. the long-term (a big ticket item). To help children resist the pressure to "buy now," stress the value of taking measured steps toward a spending goal.

**Encourage media literacy**

A recent survey commissioned by Lutheran Brotherhood found that 81 percent of the 510 parents interviewed were concerned about the influence advertising has on their children's values. Discuss advertisements and their messages with your children. "Watch TV with them," says Dungan. "You'll be amazed at the things that are advertised."

**Shop with your children**

To teach skills like comparison shopping, provide hands-on lessons, says Reichbach. At the grocery store, try offering your preschoolers a choice of two cereals to buy—but not more or they'll be overwhelmed. Explain the difference between the products—price, content, quality

With older kids, look for "teachabl moments" while shopping so they can lear about product value and consumer protectio Say, for example, your daughter is choosing prom dress. Can she wear the dress more tha once? If your teenage son is buying a stereo, there a warranty? Is the equipment rated by consumer report?

Resist the temptation to bail your childre out when they've bought the wrong thing "Children actually have to experience th consequences if they make a mistake," say Reichbach. "If the parent gives them mor money, they haven't learned."

**Prepare children for shopping solo**

If your 13-year-old wants to spend money she earned, set some parameters, says Reichbach For example, talk about how many items clothing her money should buy. She could of set a brand-name purchase by shopping for generic clothing item. And find out how muc money she has in her wallet—for her safety. you lend your son a credit card, make sure yo set a spending limit and explain how importan it is not to lose the card. Keep in mind that risin credit card debt among college students already taking its toll, leading to financial an emotional distress, sometimes even suicide.

**Consider an allowance or budget**

Kristi Peterson, 11, of Granite Bay, Californi has a payday. Each Friday, her parents give he $10 for doing such chores as cleaning her roo and feeding the dog.

Kristi gives $1 to church and saves $4. Th leaves $5 for spending—beyond the necess ties her parents provide. "I empower her b giving her allowance and money she's worke for," explains Kristi's mother, Karen. "I let he make decisions and yet guide her. I'd rathe she'd make mistakes with me than with th mortgage company someday."

This solution was spurred by Karen's grow ing concern that Kristi was spending too muc on unnecessary stuff. "She'd get money and would be gone," says Karen. Now her daugh ter thinks twice before spending. "When yo use the words 'Your money,' nine times out ten it goes back on the shelf," says Karen. " puts a different perspective on things."

**BEAT THE HABIT**

To help your children escape the pressure to shop and spend, turn off the television and computer. Do activities "that promote values you believe in," recommends Gary Ruskin, of Commercial Alert, a consumer advocacy group in Washington D.C. Here are some options:

*Volunteer.* As a family, pick out a charitable organization deserving of your money or time. "Not only do you learn and build character, you build communities," says Ruskin. Also, consider a mission trip to another country through a church or other nonprofit organization. Participants often come away with a new perspective on material well-being.

*Enjoy the great outdoors.* "Go on a walk or play in the woods, instead of taking them to movies with values you don't believe in," says Ruskin.

*Read a good book from the library.* They're being entertained and educated—at no additional cost.

*Play sports.* Children learn about about self-reliance, perseverance, and adversity.


He's not just my son. He's my hero.
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# Safe in the Sun

**Just in time for summer cruising, the helpful folk at your federal government have released new crash test ratings on three convertibles. For safe tanning, mix liberal doses of sunscreen and the Audi TT Roadster.**

The TT, a two-seat cousin of the New Beetle, earned top five-star ratings in the side-impact crash test. That's rare among convertibles, which often sacrifice solidity to let the sun shine in. The $33,775 Audi benefits from a rigid body and standard head-and-chest side-impact air bags. No frontal crash was conducted.

Two other 2001 convertibles—Chrysler Sebring and Mazda Miata MX5—earned lesser side-crash ratings. Both test cars lacked side-impact air bags. Miata, a two-seater like the Audi, earned three stars for driver protection. Its frontal crash ratings were better: four stars for driver, five for passenger. The Sebring, best-selling convertible in North America, rated three stars for driver and four for rear-seat passenger in the side crash. Frontal ratings were three stars for driver and passenger.

continued on page 106




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continued from page 104



## Buick's "Truck"

The Pontiac Aztek and 2002 Buick Rendezvous provide the perfect example of how siblings separated at birth can turn out to be radically different.

Both look like sport/utility vehicles but have minivan DNA. Aztek features outrageous, look-at-me styling aimed at twenty-something buyers. Rendezvous offers mature styling, more room, and luxury touches. It's aimed at families who like a sport/utility's all-wheel-drive and high vantage but want a minivan's seven-passenger seating.

The Buick's wheelbase is about 4 inches longer than Aztek's, which provides Rendezvous buyers with more room inside, enough to include a third row of seats. And the second row seats slide forward or rearward 4 inches to increase either legroom or cargo capacity.

The Buick Rendezvous is a crossover vehicle—part sedan, part minivan, and part sport/utility—with enough room for three rows of seating.



Those 50/50 split bench seats (or two captain's chairs, as shown at *left*) can be folded down or removed to create 108 cubic feet for cargo, but it would be handy to have a bribable teenager available because each seat weighs about 50 pounds.

The third row seats two people, which means Rendezvous can carry six 6-foot adults in acceptable comfort. Seven can squeeze in if three are willing to sit in the second row, assuming you choose the bench seat option. But beware, stuffing three in the second row requires a level of chumminess unlikely among siblings (or adults not deeply in love).

Up front, you'll find a civilized package, with silver-faced instruments and metallic trim instead of fake wood. Between the front seats rests a clever console with several bins, including one for a purse.

No climbing is required to get int a Rendezvous, but the driver has high seating position that provides sport/utility-like view of the road.

Dual-stage front air bags inflat with varying force depending on th seriousness of the crash. Side-impa air bags are standard, too, includin a head-and-chest bag for the drive Because parents might seat a child o the passenger side, Buick made th air bag smaller, designed to prote the chest only. The idea is that "chest bag" poses less risk to a chil

Unfortunately, Rendezvous do not have sensors to disable the sid impact bag should a child or adult l leaning against the door in the pat of inflation. At least one competito the $34,850 Acura MDX, offe those sensors.

A front-wheel-drive Rendezvou starts at $25,499, while the al wheel-drive version starts at $28,02 Despite having an all-wheel-driv option, Rendezvous is not intende for off-road shenanigans.

The ride is soft, aimed at dupl cating the feel of traditional Buic sedans. The vehicle also has ind pendent rear suspension, whic improves the handling, particular on a rough road, compared to mo trucklike vehicles. Handling is pr dictable although it feels a little no heavy. Giving Rendezvous a firme sportier feel would have hurt the ri quality, and most families will pro ably appreciate Buick's decision emphasize comfort, not cavorting

Buick's 185-horsepower, 3.4 lit V-6 gets 19 mpg city, 26 highwa good for a 4,000-pound vehicle. B the economy is achieved with engine that could use more power. you add five or six people, a load cargo, and a 3,500-pound trail you'll need plenty of patience merge onto a busy freeway.

*—by Christopher Jens*

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*Graham Thomas Rose*

*(Rosa Graham Thomas)*

editor's choice

# Golden Graham

There is no denying it: Graham Thomas is one of the most beautiful roses extant. Remarkably beautiful. Stunningly beautiful. *Beautifully* beautiful. The rich, highly saturated yellow/slightly apricot color of its cupped blossoms is still rare in the field of landscape-friendly shrub-shaped rosebushes. And fragrant? Almost as pleasant to the nose as one of those fussy hybrid teas.

Graham Thomas also has this wonderful little quirk: He absolutely adores the summer heat. So much so that down South he strays from his job description and gets a little leggy and much taller. A problem? No, perfect for a midrange climber. Climbing roses do need to be pruned for shape, and it makes life much easier to snip at an 8- to 10-foot climber like Graham instead of teetering on a ladder to whack at a 12- or 15-footer. And Graham flowers all over, from top to the very bottom, in a nonstop cascade of buttery blooms. Like all "English" roses, he is disease resistant. Such an accommodating gent, this Mr. Thomas.

- **Growth habit:** Usually 5 feet tall, 4 feet wide.
- **Hardiness:** Minus 15° F.
- **Bloom time:** All summer long.
- **Light:** Full sun.

continued on page 110

by Craig Summers Black

*Dependability based on longevity. †1981–1999 full-line light-duty truck company registrations.




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Must be 21 years or older and a legal resident of the 50 United States or the District of Columbia to enter. Entries should be made on VHS tape or photograph accompanied by a written paragraph describing the garden. Entry deadline: Postmarked before July 2, 2001. Mail entries to: Good Morning America's "America's Best Gardens" Contest, Ansonia Station P.O. Box 234092, New York, NY 10023-4092.

Log on to abcNEWS.com for more contest information and official rules.

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## gardener's almanac

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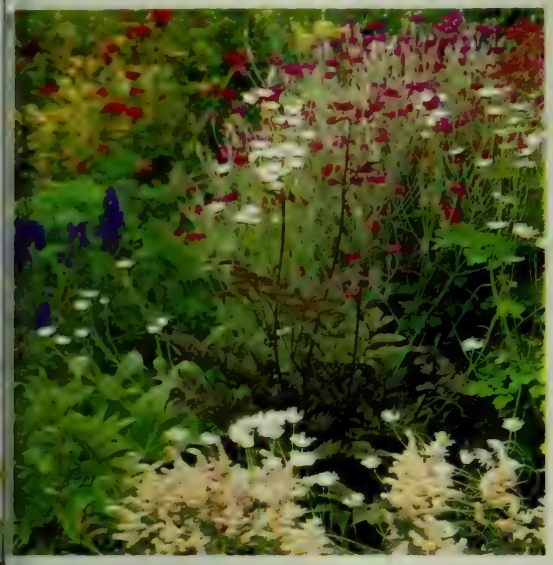
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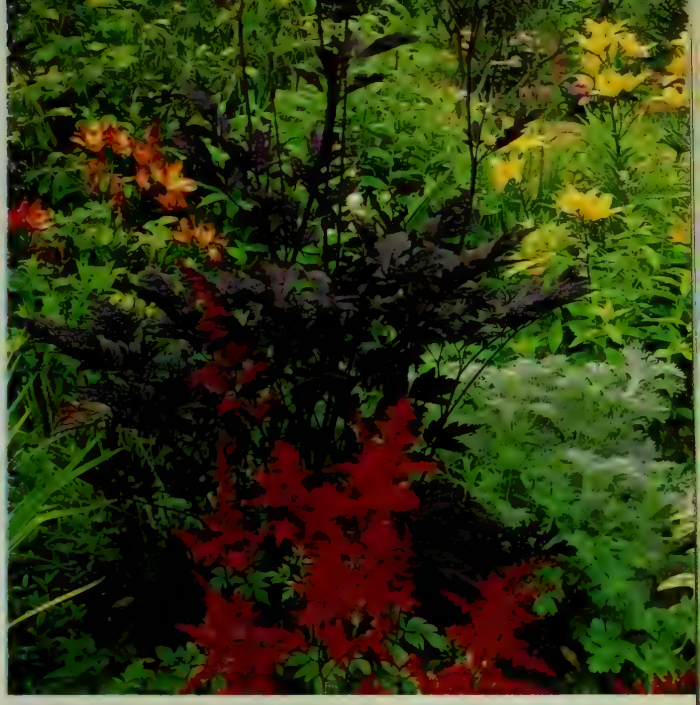
**Everything is looking up**

One of the more pleasing aspects of perennials is that they grow in an assortment of shapes, sizes, and silhouettes. Annuals tend to be low-growing, almost a standard height. Kind of like carpeting. But perennials can get right up there—in your face, in a nice way of course. This inspiring array (*pictured*) is from a private garden in Coupeville, Washington.



e aconitum and yellow thalictrum (*left*) stand tall. Red
ilbe, a dark-leaved cimicifuga, and bright lilies (*right*) get
tical. Aconitum and cimicifuga take on a different charac-
when paired with lychnis and white daisies (*below*).





continued on page 112



Lysol Presents FACTS of LIFE

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FACT: Chances are, if the kid is getting clean, the bathroom is getting dirty.



FACT: LYSOL® Basin, Tub & Tile Cleaner removes soap scum better than Scrubbing Bubbles.®* And, of course, LYSOL kills germs.




Housekeeping

*Trigger version. Scrubbing Bubbles® is a product of S.C. Johnson

LIFE DEMANDS LYSOL. THAT'S A FACT.

continued from page 111

test garden tips









**Now available: Free roses**

Admit it. The one thing rose-growers all want is *more roses*. But at $9 to $19 a pop, acquiring a bevy of bushy beauties gets downright expensive. That is, unless you create new roses from ones you already have. Better yet, trade cuttings with garden buddies so everyone gets new—*free*—roses.

**Propagating roses**

**1.** Cut a 3- to 6-inch section from high on a rosebush during or after peak bloom. Make the cut at a 90-degree angle.

**2.** Dip the cut end into a rooting hormone. A little dab will indeed do you.

**3.** Strip away any flowers and almost all of the lower leaves. Stick the cutting an inch or two into sand or seed-starting medium.

**4.** Cover with a jar or sandwich bag to retain moisture. If necessary, use stakes to keep bags off leaves.

**5.** The ideal finished product: a gorgeous Erfurt.



continued on page 113

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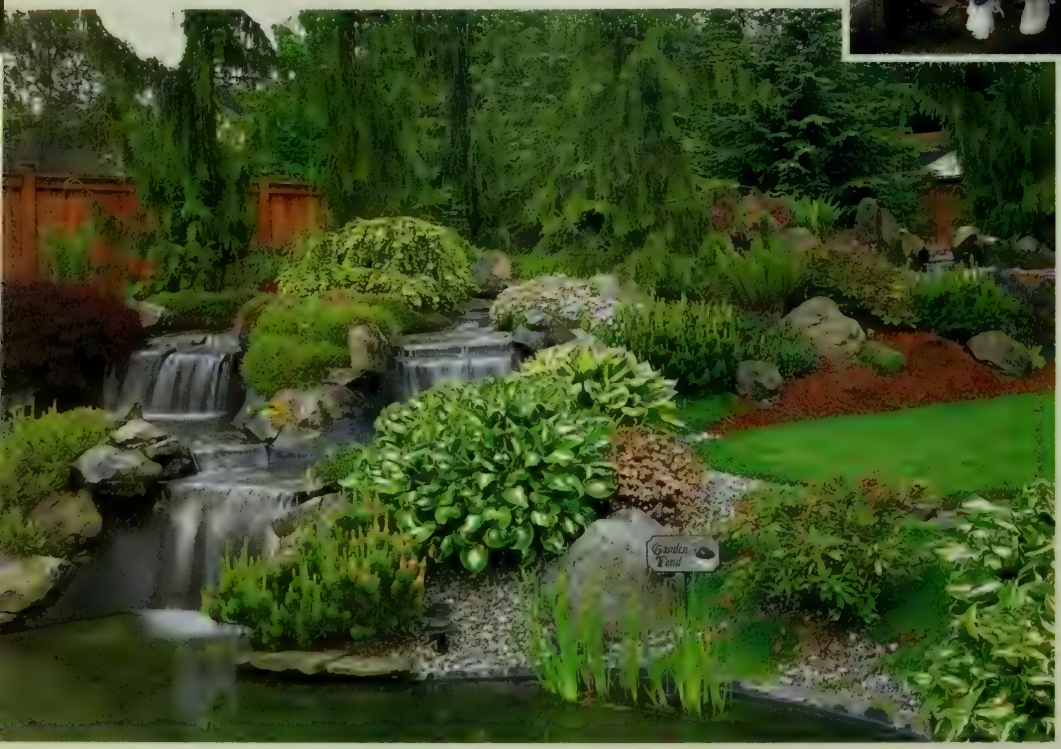
www.alpo.com

## looking good

**Ted's third pond—a real charmer—may not be his last**

Every time Lorraine and Ted Pinkman move, Ted builds a pond. Looks like he's getting pretty good at it, judging by his latest effort in Bothell, Washington. "The more I do, the more I learn about better techniques," Ted says. "You learn from your mistakes." Mistakes, he says. As if.






The sound of the cascades muffles the noise inherent suburban livin "It's real sooth ing," Lorraine says, "And our daughter, Rachel, loves the waterfalls." Last we heard, the Pinkmans were moving again. Really.

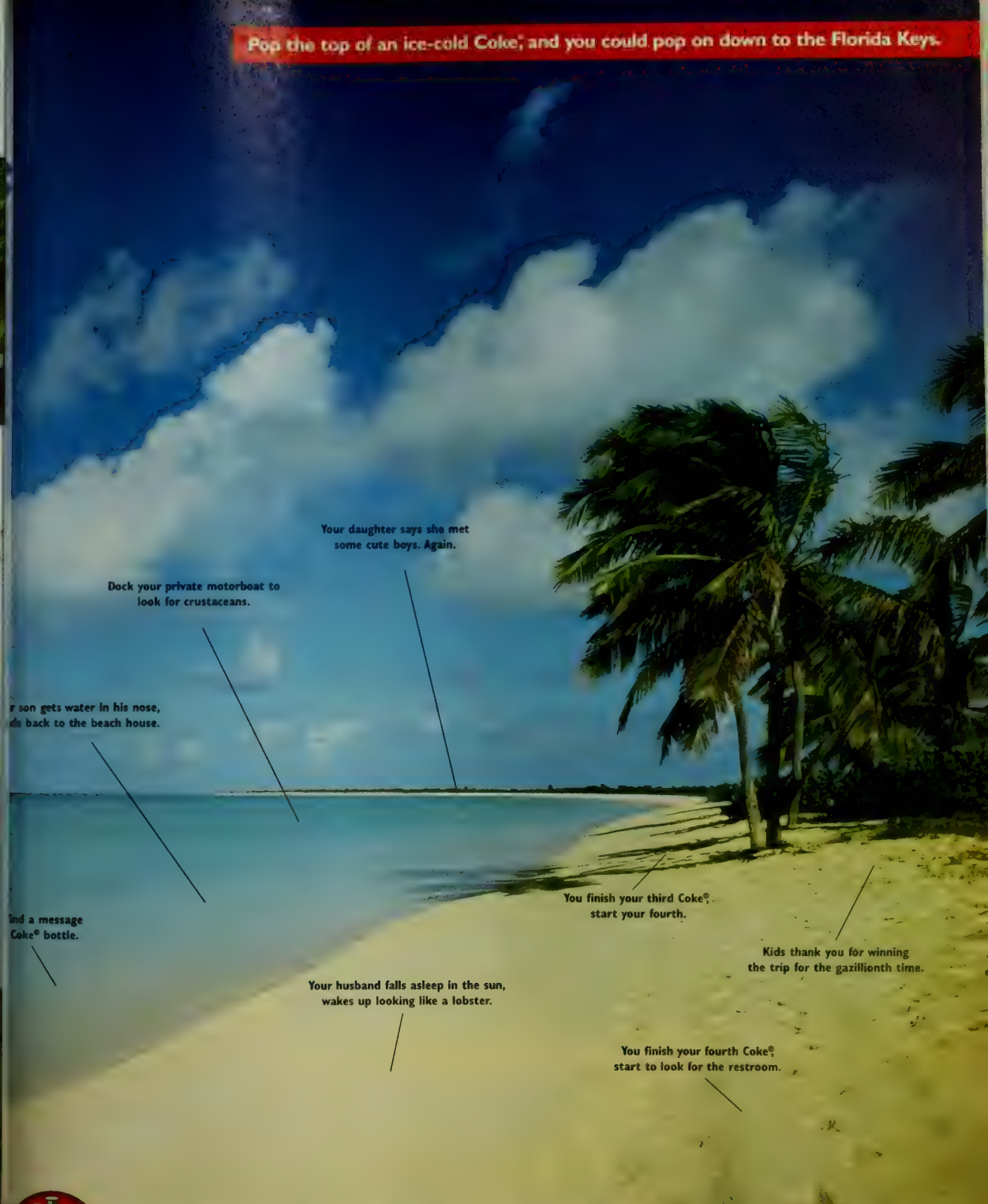
## update

**Watermelon lore gets thumped**

Believe me, watermelon farmers don't thump 500,000 melons during harvest. To tell if a melon is ripe, just look at it. Avoid pointy or lumpy fruit. The top should be faded, with a white or yellow (not green) "belly spot" where it met the ground. If the melon has stripes, areas in between should be light green. If thumping you must, listen for a ping, not a thud. Buying information, page 137



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America Online Keyword: Popthetop

# window boxes

by Mark Kane




Right on the other side of the glass—that's how close a window box brings the good cheer of the garden. Then there's the view from the yard (*left*). Dressy, eh? The ingredients: Potting mix, the proven plants on these pages, and a box that stays dry (see our design on *page 122*).

**Window boxes** make choosing colors twice the fun. First comes paint. You can lean toward colors bright enough to stop traffic (red might work) or choose from a calmer palette, as Pat Collins of Portland, Oregon, did with a gray-blue that matches the window sash (*above*). After paint comes choice number two: plants. In a box that spans a window, there's room for a miniature garden—tall plants, such as Verbena bonariensis (1); trailing plants, such as ivy geraniums (2); plants that flower endlessly, such as these other geraniums (7); and plants that have eye-catching leaves, such as the phalaris grass (5) with its striped green and pale green blades.

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**The plants:**

1. **Verbena bonariensis**
2. **Ivy geranium**
3. **Verbena Imagination**
4. **Bachelor's buttons**
5. **Phalaris grass**
6. **Helichrysum Limelight**
7. **Geranium Martha Washington**




- ☑ Low light
- ☑ Fading light
- ☑ Weekend highlight







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# Window Boxes

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**The plants:**

**1. Calibrachoa.** Small-flowered relative of petunia.

**2. Shrimp plant.** Red or yellow flowers in spiky clusters.

**3. Torenia.** Purple trumpets on a low-growing plant.

**4. Sutera.** Small white flowers for months. Formerly "bacopa."

**5. Kingfisher daisy.** Flowers are 1 inch wide with bright yellow centers.

**6. Helichrysum Moonlight.** Small, felty gray leaves. Spreads and weaves through neighbors.

**7. Heliotrope.** Richly fragrant and keeps blooming if you prune spent flowers.

Planting a window box is a little like packing a suitcase. The motto: There's room for one more. If you start with small plants, say violets in cell packs—really, any container smaller than 3 inches—you'll have to leave space between their root balls so the roots have room to spread and support a full-sized plant. If you start with big pots, the quart size or even a mere 4 inches, you can pack the root balls close together because the potting mix that comes with the plants will sustain growth to full size. Whether you start with small or large plants, be sure to fill the cracks between the root balls with more potting mix. Roots won't grow into air spaces. Annuals tolerate crowded conditions and still grow and flower with vigor. That's why all the plants in the window box at Dawn Hill Antiques (*above*) in New Preston, Connecticut, are annuals, 12 of them in about 2 square feet of potting mix.

continued on page 122

# Will a heart attack make your life run out before your grandson tastes his first ice cream?



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*Brief Summary of Prescribing Information. For complete prescribing information, please consult official package circular*

**CONTRAINDICATIONS:** Hypersensitivity to any component of this medication. Active liver disease or unexplained, persistent elevations in liver function tests (see **WARNINGS**) *Pregnancy and lactation.* Atherosclerosis is a chronic process and discontinuation of lipid-lowering drugs during pregnancy should have little impact on the outcome of long-term therapy of primary hypercholesterolemia. Cholesterol and other products of cholesterol biosynthesis are essential components for fetal development (including synthesis of steroids and cell membranes). Since HMG-CoA reductase inhibitors decrease cholesterol synthesis and possibly the synthesis of other biologically active substances derived from cholesterol, they are contraindicated during pregnancy and in nursing mothers. **Pravastatin should be administered to women of childbearing age only when such patients are highly unlikely to conceive and have been informed of the potential hazards.** If the patient becomes pregnant while taking this class of drug, therapy should be discontinued immediately and the patient apprised of the potential hazard to the fetus (see **PRECAUTIONS: Pregnancy)**

**WARNINGS: Liver Enzymes:** HMG-CoA reductase inhibitors, like some other lipid-lowering therapies, have been associated with biochemical abnormalities of liver function. Increases of serum transaminase (ALT, AST) values to more than 3 times the upper limit of normal occurring on 2 or more (not necessarily sequential) occasions have been reported in 1.3% of patients treated with pravastatin in the US over an average period of 18 months. These abnormalities were not associated with cholestasis and did not appear to be related to treatment duration. In those patients in whom these abnormalities were believed to be related to pravastatin and who were discontinued from therapy, the transaminase levels usually fell slowly to pretreatment levels. These biochemical findings are usually asymptomatic although worldwide experience indicates that anorexia, weakness, and/or abdominal pain may also be present in rare patients. In the largest long-term placebo-controlled clinical trial with pravastatin (Pravastatin Primary Prevention Study; see **CLINICAL PHARMACOLOGY**), the overall incidence of AST and/or ALT elevations to greater than three times the upper limit of normal was 1.05% in the pravastatin group as compared to 0.75% in the placebo group. One (0.03%) pravastatin-treated patient and 2 (0.06%) placebo-treated patients were discontinued because of transaminase elevations. Of the patients with normal liver function at week 12, three of 2875 treated with pravastatin (0.10%) and one of the 2919 placebo patients (0.03%) had elevations of AST greater than three times the upper limit of normal on two consecutive measurements and/or discontinued due to elevations in transaminase levels during the 4.8 years (median treatment) of the study. **It is recommended that liver function tests be performed prior to and at 12 weeks following initiation of therapy or the elevation of dose.** Patients who develop increased transaminase levels or signs and symptoms of liver disease should be monitored with a second liver function evaluation to confirm the finding and be followed thereafter with frequent liver function tests until the abnormality(ies) return to normal. Should an increase in AST or ALT of three times the upper limit of normal or greater persist, withdrawal of pravastatin therapy is recommended. Active liver disease or unexplained transaminase elevations are contraindications to the use of pravastatin (see **CONTRAINDICATIONS**). Caution should be exercised when pravastatin is administered to patients with a history of liver disease or heavy alcohol ingestion (see **CLINICAL PHARMACOLOGY: Pharmacokinetics/Metabolism**). Such patients should be closely monitored, started at the lower end of the recommended dosing range, and titrated to the desired therapeutic effect. **Skeletal Muscle: Rare cases of rhabdomyolysis with acute renal failure secondary to myoglobinuria have been reported with pravastatin and other drugs in this class.** Uncomplicated myalgia has also been reported in pravastatin-treated patients (see **ADVERSE REACTIONS**) Myopathy, defined as muscle aching or muscle weakness in conjunction with increases in creatine phosphokinase (CPK) values to greater than 10 times the upper normal limit, was rare (<0.1%) in pravastatin clinical trials. Myopathy should be considered in any patient with diffuse myalgias, muscle tenderness or weakness, and/or marked elevation of CPK. Patients should be advised to report promptly unexplained muscle pain, tenderness or weakness, particularly if accompanied by malaise or fever **Pravastatin therapy should be discontinued if markedly elevated CPK levels occur or myopathy is diagnosed or suspected. Pravastatin therapy should also be temporarily withheld in any patient experiencing an acute or serious condition predisposing to the development of renal failure secondary to rhabdomyolysis, e.g., sepsis; hypotension; major surgery; trauma; severe metabolic, endocrine, or electrolyte disorders; or uncontrolled epilepsy.** The risk of myopathy during treatment with another HMG-CoA reductase inhibitor is increased with concurrent therapy with either erythromycin, cyclosporine, niacin, or fibrates. However, neither myopathy nor significant increases in CPK levels have been observed in three reports involving a total of 100 post-transplant patients (24 renal and 76 cardiac) treated for up to two years concurrently with pravastatin 10-40 mg and cyclosporine. Some of these patients also received other concomitant immunosuppressive therapies. Further, in clinical trials involving small numbers of patients who were treated concurrently with pravastatin and niacin, there were no reports of myopathy. Also, myopathy was not reported in a trial of combination pravastatin (40 mg/day) and gemfibrozil (1200 mg/day), although 4 of 75 patients on the combination showed marked CPK elevations versus one of 73 patients receiving placebo. There was a trend toward more frequent CPK elevations and patient withdrawals due to musculoskeletal symptoms in the group receiving combined treatment as compared with the groups receiving placebo, gemfibrozil, or pravastatin monotherapy (see **PRECAUTIONS: Drug Interactions**). **The use of fibrates alone may occasionally be associated with myopathy. The combined use of pravastatin and fibrates should be avoided unless the benefit of further alterations in lipid levels is likely to outweigh the increased risk of this drug combination.**

**PRECAUTIONS: General:** PRAVACHOL may elevate creatine phosphokinase and transaminase levels (see **ADVERSE REACTIONS**). This should be considered in the differential diagnosis of chest pain in a patient on therapy with pravastatin. *Homozygous Familial Hypercholesterolemia.* Pravastatin has not been evaluated in patients with rare homozygous familial hypercholesterolemia. In this group of patients, it has been reported that HMG-CoA reductase inhibitors are less effective because the patients lack functional LDL receptors. *Renal Insufficiency.* A single 20 mg oral dose of pravastatin was administered to 24 patients with varying degrees of renal impairment (as determined by creatinine clearance). No effect was observed on the pharmacokinetics of pravastatin or its 3α-hydroxy isomeric metabolite (SQ 31,906). A small increase was seen in mean AUC values and half-life (1½) for the inactive enzymatic ring hydroxylation metabolite (SQ 31,945). Given this small sample size, the dosage administered, and the degree of individual variability, patients with renal impairment who are receiving pravastatin should be closely monitored. **Information for Patients:** Patients should be advised to report promptly unexplained muscle pain, tenderness or weakness, particularly if accompanied by malaise or fever (see **WARNINGS: Skeletal Muscle**). **Drug Interactions:** *Immunosuppressive Drugs, Gemfibrozil, Niacin (Nicotinic Acid), Erythromycin:* See **WARNINGS: Skeletal Muscle**. *Cytochrome P450 3A4 Inhibitors: In vitro* and *in vivo* data indicate that pravastatin is not metabolized by cytochrome P450 3A4 to a clinically significant extent. This has been shown in studies with known cytochrome P450 3A4 inhibitors (see diltiazem and itraconazole below). Other examples of cytochrome P450 3A4 inhibitors include ketoconazole, mibefradil, and erythromycin. *Diltiazem* – Steady-state levels of diltiazem (a known, weak inhibitor of P450 3A4) had no effect on the pharmacokinetics of pravastatin. In this study, the AUC and $C_{max}$ of another HMG-CoA reductase inhibitor which is known to be metabolized by cytochrome P450 3A4 increased by factors of 3.6 and 4.3, respectively. *Itraconazole* – The mean AUC and $C_{max}$ for pravastatin were increased by factors of 1.7 and 2.5, respectively, when given with itraconazole (a potent P450 3A4 inhibitor which also inhibits p-glycoprotein transport) as compared to placebo. The mean t½ was not affected by itraconazole, suggesting that the relatively small increases in $C_{max}$ and AUC were due solely to increased bioavailability rather than a decrease in clearance, consistent with inhibition of p-glycoprotein transport by itraconazole. This drug transport system is thought to affect bioavailability and excretion of HMG-CoA reductase inhibitors, including pravastatin. The AUC and $C_{max}$ of another HMG-CoA reductase inhibitor which is known to be metabolized by cytochrome P450 3A4 increased by factors of 19 and 17, respectively, when given with itraconazole *Antipyrine* Since concomitant administration of pravastatin had no effect on the clearance of antipyrine, interactions with other drugs metabolized via the same hepatic cytochrome isozymes are not expected. *Cholestyramine/Colestipol:* Concomitant administration resulted in an approximately 40 to 50% decrease in the mean AUC of pravastatin. However, when pravastatin was administered 1 hour before or 4 hours after cholestyramine or 1 hour before colestipol and a standard meal, there was no clinically significant decrease in bioavailability or therapeutic effect. (See **DOSAGE AND ADMINISTRATION: Concomitant Therapy**.) *Warfarin* Pravastatin had no clinically significant effect on prothrombin time when administered in a study to normal elderly subjects who were stabilized on warfarin *Cimetidine* The AUC$_{0\text{-}12\ hr}$ for pravastatin when given with cimetidine was not significantly different from the AUC for pravastatin when given alone. A significant difference was observed between the AUC's for pravastatin when given with cimetidine compared to when administered with antacid *Digoxin* In a crossover trial involving 18 healthy male subjects given pravastatin and digoxin concurrently for 9 days, the bioavailability parameters of digoxin were not affected. The AUC of pravastatin tended to increase, but the overall bioavailability of pravastatin plus its metabolites SQ 31,906 and SQ 31,945 was not altered. *Cyclosporine:* Some investigators have measured cyclosporine levels in patients on pravastatin, and to date, these results indicate no clinically meaningful elevations in cyclosporine levels. In one single-dose study, pravastatin levels were found to be increased in cardiac transplant patients receiving cyclosporine. *Gemfibrozil* In a crossover study in 20 healthy male volunteers given concomitant single doses of pravastatin and gemfibrozil, there was a significant decrease in urinary excretion and protein binding of pravastatin. In addition, there was a significant increase in AUC, $C_{max}$, and $T_{max}$ for the pravastatin metabolite SQ 31,906. Combination therapy with pravastatin and gemfibrozil is generally not recommended. In interaction studies with *aspirin, antacids* (1 hour prior to PRAVACHOL), *cimetidine, nicotinic acid,* or *probucol,* no statistically significant differences in bioavailability were seen when PRAVACHOL was administered. **Endocrine Function:** HMG-CoA reductase inhibitors interfere with cholesterol synthesis and lower circulating cholesterol levels and, as such, might theoretically blunt adrenal or gonadal steroid hormone production. Results of clinical trials with pravastatin in males and post-menopausal females were inconsistent with regard to possible effects of the drug on basal steroid hormone levels. In a study of 21 males, the mean testosterone response to human chorionic gonadotropin was significantly reduced (p<0.05) after 16 weeks of treatment with 40 mg of pravastatin. However, the percentage of patients showing a ≥50% rise in plasma testosterone after human chorionic gonadotropin stimulation did not change significantly after therapy in these patients. The effects of HMG-CoA reductase inhibitors on spermatogenesis and fertility have not been studied in adequate numbers of patients. The effects, if any, of pravastatin on the pituitary-gonadal axis in premenopausal females are unknown. Patients treated with pravastatin who display clinical evidence of endocrine dysfunction should be evaluated appropriately. Caution should also be exercised if an HMG-CoA reductase inhibitor or other agent used to lower cholesterol levels is administered to patients also receiving other drugs (e.g., ketoconazole, spironolactone, cimetidine) that may diminish the level or activity of steroid hormones. **CNS Toxicity:** CNS vascular lesions, characterized by perivascular hemorrhage and edema and mononuclear cell infiltration of perivascular spaces, were seen in dogs treated with pravastatin at a dose of 25 mg/kg/day, a dose that produced a plasma drug level about 50 times higher than the mean drug level in humans taking 40 mg/day. Similar CNS vascular lesions have been observed with several other drugs in this class. A chemically similar drug in this class produced optic nerve degeneration (Wallerian degeneration of retinogeniculate fibers) in clinically normal dogs in a dose-dependent fashion starting at 60 mg/kg/day, a dose that produced mean plasma drug levels about 30 times higher than the mean drug level in humans taking the highest recommended dose (as measured by total enzymatic activity). This same drug also produced vestibulocochlear Wallerian-like degeneration and retinal ganglion cell chromatolysis in dogs treated for 14 weeks at 180 mg/kg/day, a dose which resulted in a mean plasma drug level similar to that seen with the 60 mg/kg/day dose. **Carcinogenesis, Mutagenesis, Impairment of Fertility:** In a 2-year study in rats, dietary administration of pravastatin at doses of 10, 30, or 100 mg/kg body weight, there was an increased incidence of hepatocellular carcinomas in males at the highest dose (p <0.01) Although rats were given up to 125 times the human dose (HD) on a mg/kg body weight basis, serum drug levels were only 6 to 10 times higher than those measured in humans given 40 mg pravastatin as measured by AUC. In a 2-year study in mice fed pravastatin at doses of 250 and 500 mg/kg/day, there was an increased incidence of hepatocellular carcinomas in males and females at both 250 and 500 mg/kg/day (p<0.05); these doses, lung adenomas in females were increased (p=0.013). Serum drug levels were 30 to 40 times (250 mg/kg/day) and 50 times (500 mg/kg/day) that of humans given 40 mg pravastatin, as measured by AUC. In another 2-year study, mice with doses at up to 100 mg/kg/day (producing plasma drug levels up to 5 times human drug levels at 40 mg/day) were no drug-induced tumors. No evidence of mutagenicity was observed *in vitro,* with or without rat-liver metabolic activation, in the following studies: microbial mutagen tests, using mutant strains of *Salmonella typhimurium* or *Escherichia coli*; a forward mutation assay in L5178Y TK +/- mouse lymphoma cells; a chromosomal aberration test in hamster ovary cells; a gene conversion assay using *Saccharomyces cerevisiae.* In addition, there was no evidence of mutagenicity in either a dominant lethal test in mice or a micronucleus test in mice. In a study in rats, with daily doses up to 500 mg/kg, pravastatin did not produce any adverse effects on fertility or general reproductive performance. However, in a study with another HMG-CoA reductase inhibitor, there was decreased fertility in male rats treated for 34 weeks at 25 mg/kg body weight, although this effect was not observed in a subsequent fertility study when this same dose was administered for 11 weeks (the entire period of spermatogenesis, including epididymal maturation). In rats treated with this same reductase inhibitor at 180 mg/kg/day, seminiferous tubule degeneration (necrosis and loss of spermatogenic epithelium) was observed. Although not seen with pravastatin, two similar drugs in this class caused drug-related testicular atrophy, decreased spermatogenesis, seminiferous cytic degeneration, and giant cell formation in dogs. The clinical significance of these findings is unclear. **Pregnancy Pregnancy Category X.** See **CONTRAINDICATIONS**. Safety in pregnant women has not been established. Pravastatin was not teratogenic in rats at doses up to 1000 mg/kg daily or in rabbits at doses of up to 50 mg/kg daily. These doses were 20x (rabbit) or 240x (rat) the human exposure based on surface area (mg/meter²). Rare reports of congenital anomalies have been received following intrauterine exposure to other HMG-CoA reductase inhibitors. In a review[1] of approximately 100 prospectively followed pregnancies in women exposed to simvastatin or lovastatin, the incidences of congenital anomalies, spontaneous abortions and fetal deaths/stillbirths did not exceed what would be expected in the general population. The number of cases is adequate only to exclude a three-to-four-fold increase in congenital anomalies over the background incidence. In 89% of the prospectively followed pregnancies, drug treatment was initiated prior to pregnancy and discontinued at some point in the first trimester when pregnancy was identified. As safety in pregnant women has not been established and there is no apparent benefit to therapy with PRAVACHOL during pregnancy (see **CONTRAINDICATIONS**), treatment should be immediately discontinued as soon as pregnancy is recognized. PRAVACHOL (pravastatin sodium) should be administered to women of child-bearing potential only when such patients are highly unlikely to conceive and have been informed of the potential hazards. **Nursing Mothers:** A small amount of pravastatin is excreted in human breast milk. Because of the potential for serious adverse reactions in nursing infants, women taking PRAVACHOL should not nurse (see **CONTRAINDICATIONS**). **Pediatric Use:** Safety and effectiveness in individuals less than 18 years old have not been established. Hence, treatment in patients less than 18 years old is not recommended at this time. **Geriatric Use:** Two secondary prevention trials with pravastatin (CARE and LIPID) included a total of 6,593 subjects treated with pravastatin 40 mg/day, of whom 2,081 were aged 65 and older and 1,516 were aged 75 and older. The beneficial effect of pravastatin in elderly subjects in reducing cardiovascular events and changing lipid profiles was similar to that seen in younger subjects. The adverse event profile in the elderly was similar to that seen in the overall population. Other reported clinical experience has not identified differences in responses to pravastatin between elderly and younger patients. Mean pravastatin AUCs are slightly (25-50%) higher in elderly subjects than in healthy young subjects, but mean $C_{max}$, $T_{max}$ and t½ values are similar in both age groups and substantial accumulation of pravastatin would not be expected in the elderly (see **CLINICAL PHARMACOLOGY: Pharmacokinetics/Metabolism**).

**ADVERSE REACTIONS:** Pravastatin is generally well tolerated; adverse reactions have usually been mild and transient. In 4-month long placebo-controlled trials, 1.7% of pravastatin-treated patients and 1.2% of placebo-treated patients were discontinued from treatment because of adverse experiences attributed to study drug therapy; this difference was not statistically significant. In long-term studies, the most common reasons for discontinuation were asymptomatic transaminase increases and mild, non-specific gastrointestinal complaints. (See also **PRECAUTIONS: Geriatric Use**.)
**Adverse Clinical Events:** All adverse clinical events (regardless of attribution) reported in more than 2% of pravastatin or placebo-treated patients in the placebo-controlled trials are identified in the table below; also shown are the percentages of patients in whom these medical events were believed to be related or possibly related to the drug:

| | All Events | | Events Attributed to Study Drug | |
|---|---|---|---|---|
| **Body System/Event** | **Pravastatin (N = 900) %** | **Placebo (N = 411) %** | **Pravastatin (N = 900) %** | **Placebo (N = 411) %** |
| Cardiovascular | | | | |
| Cardiac Chest Pain | 4.0 | 3.4 | 0.1 | 0.0 |
| Dermatologic Rash | 4.0* | 1.1 | 1.3 | 0.9 |
| Gastrointestinal | | | | |
| Nausea/Vomiting | 7.3 | 7.1 | 2.9 | 3.4 |
| Diarrhea | 6.2 | 5.6 | 2.0 | 1.9 |
| Abdominal Pain | 5.4 | 6.9 | 2.0 | 3.9 |
| Constipation | 4.0 | 7.1 | 2.4 | 5.1 |
| Flatulence | 3.3 | 3.6 | 2.7 | 3.4 |
| Heartburn | 2.9 | 1.9 | 2.0 | 0.7 |
| General | | | | |
| Fatigue | 3.8 | 3.4 | 1.9 | 1.0 |
| Chest Pain | 3.7 | 1.9 | 0.3 | 0.2 |
| Influenza | 2.4* | 0.7 | 0.0 | 0.0 |
| Musculoskeletal | | | | |
| Localized Pain | 10.0 | 9.0 | 1.4 | 1.5 |
| Myalgia | 2.7 | 1.0 | 0.6 | 0.0 |
| Nervous System | | | | |
| Headache | 6.2 | 3.9 | 1.7* | 0.2 |
| Dizziness | 3.3 | 3.2 | 1.0 | 0.5 |
| Renal/Genitourinary | | | | |
| Urinary Abnormality | 2.4 | 2.9 | 0.7 | 1.2 |
| Respiratory | | | | |
| Common Cold | 7.0 | 6.3 | 0.0 | 0.0 |
| Rhinitis | 4.0 | 4.1 | 0.1 | 0.0 |
| Cough | 2.6 | 1.7 | 0.1 | 0.0 |

*Statistically significantly different from placebo.

In three large, placebo-controlled trials (West of Scotland Coronary Prevention study [WOS], Cholesterol and Recurrent Events study [CARE], and Long-term intervention with Pravastatin in Ischemic Disease study [LIPID]) involving a total of 19,768 patients treated with PRAVACHOL (pravastatin sodium) (N=9895) or placebo (N=9873), the safety and tolerability profile in the pravastatin group was comparable to that of the placebo group over the median 4.8 to 5.9 years of follow-up. The following effects have been reported with drugs in this class, not all the effects listed below have necessarily been associated with pravastatin therapy. *Skeletal* myopathy, rhabdomyolysis, arthralgia. *Neurological* dysfunction of certain cranial nerves (including alteration of taste, impairment of extra-ocular movement, facial paresis), tremor, vertigo, memory loss, paresthesia, peripheral neuropathy, peripheral nerve palsy, anxiety, insomnia, depression. *Hypersensitivity Reactions.* Anaphylaxis, hypersensitivity syndrome has been reported rarely which has included one or more of the following features: anaphylaxis, angioedema, lupus erythematous-like syndrome, polymyalgia rheumatica, dermatomyositis, vasculitis, purpura, thrombocytopenia, leukopenia, hemolytic anemia, positive ANA, ESR increase, eosinophilia, arthritis, arthralgia, urticaria, asthenia, photosensitivity, fever, chills, flushing, malaise, dyspnea, toxic epidermal necrolysis, erythema multiforme (including Stevens-Johnson syndrome. *Gastrointestinal:* pancreatitis, hepatitis, including chronic active hepatitis, cholestatic jaundice, fatty change in liver, and, rarely, cirrhosis, fulminant hepatic necrosis, and hepatoma; anorexia, vomiting. *Skin and appendages* pruritus. A variety of skin changes (e.g., nodules, discoloration, dryness of skin/mucous membranes, changes in hair/nails) have been reported. *Reproductive* gynecomastia, loss of libido, erectile dysfunction. *Eye* progression of cataracts (lens opacities), ophthalmoplegia. *Laboratory Abnormalities* elevated transaminases, alkaline phosphatase, and gamma-glutamyl transpeptidase, thyroid function abnormalities **Laboratory Test Abnormalities**: Increases in serum transaminase (ALT AST) values (see **WARNINGS**) have been observed (see **WARNINGS**) Transient asymptomatic eosinophilia has been reported Eosinophil counts have returned to normal despite continued therapy Anemia, thrombocytopenia, and leukopenia have been reported with HMG-CoA reductase inhibitors **Concomitant Therapy:** Pravastatin has been administered concurrently with cholestyramine, colestipol, nicotinic acid, probucol and gemfibrozil Preliminary data suggest that the addition of either probucol or gemfibrozil to therapy with lovastatin or pravastatin is **not** associated with greater reduction in LDL cholesterol than that with lovastatin or pravastatin alone No adverse reactions unique to the combination or in addition to those previously reported for each drug alone have been reported Myopathy and rhabdomyolysis (with or without acute renal failure) have been reported when another HMG-CoA reductase inhibitor was used in combination with immunosuppressive drugs, gemfibrozil, erythromycin, or lipid-lowering doses of nicotinic acid Concomitant therapy with HMG CoA reductase inhibitors and these agents is generally not recommended. (See **WARNINGS: Skeletal Muscle** and **PRECAUTIONS: Drug Interactions**)

**OVERDOSAGE:** To date, there are two reported cases of overdosage with pravastatin, both of which were asymptomatic and not associated with clinical laboratory abnormalities If an overdose occurs, it should be treated symptomatically and supportive measures should be instituted as required

**REFERENCE:** [1]Manson JM, Freyssinges C, Ducrocq MB, Stephenson WP Postmarketing Surveillance of Lovastatin and Simvastatin Exposure During Pregnancy *Reproductive Toxicology* 10(6) 439-446, 1996

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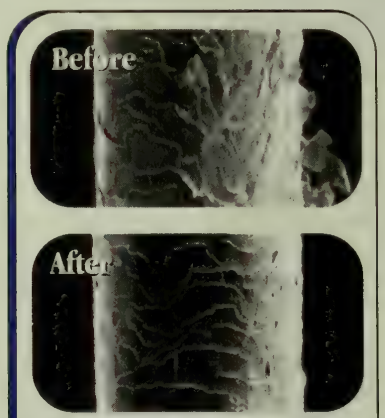


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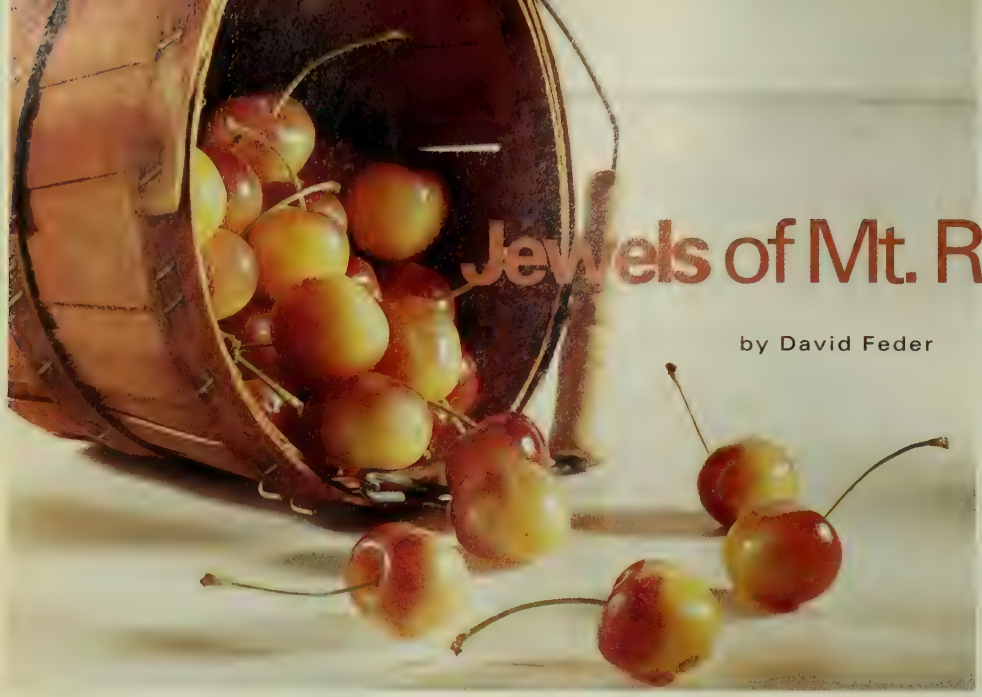
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# Jewels of Mt. Rainier

by David Feder

These plump, sweet fruits go fast once they hit the stores, so you may want to buy and freeze extras.



Rainier cherries sparkle gold and blush like the rays of a Northwestern sunset. As these cherries have become more popular, their season has been extended. Once available only in July, Rainiers can now be found as late as October.

Still, these fruits go quickly once they hit stores, so you may want to buy and freeze extras. Wash them, then pat dry with paper towels. Pit, if desired, and freeze, tightly covered, up to six months.

**Rainier Cherry Tart**

**Prep:** 45 minutes **Bake:** 15 minutes

- ¾ cup all-purpose flour
- ¼ cup finely chopped almonds
- 3 Tbsp. granulated sugar
- ⅓ cup butter
- 2 Tbsp. water
- ½ cup dairy sour cream*
- ¼ of an 8-oz. tub cream cheese*
- 3 Tbsp. sifted powdered sugar
- 1 Tbsp. cherry-flavored liqueur or cherry cider
- 3½ cups Rainier cherries or other fresh sweet cherries, pitted
- ¼ cup apple jelly

Preheat oven to 400° F. For pastry, in a medium mixing bowl stir together flour, almonds, and granulated sugar. Using a pastry blender, cut in butt until the mixture resembles coar crumbs. Sprinkle with water, workin in with a fork until moistened. For dough into a ball. Press dough even onto the bottom and up the sides of 9-inch tart pan with removable bo tom. Bake for 15 minutes or until ligh brown. Cool in pan on a wire rack.

For filling, in a mixing bowl be sour cream, cream cheese, powdere sugar, and liqueur or cider unt smooth. Cover and refrigerate fo 30 to 60 minutes.

To assemble, spread cream chee filling evenly over the bottom of bake tart shell. Arrange cherries on top. I a small saucepan heat jelly over lo heat just until melted. Cool slightl drizzle over cherries. To serve, remov sides of tart pan. Cut into wedges an serve immediately. Makes 8 servings

Nutrition facts per serving: 295 ca 16 g total fat (8 g sat. fat), 34 mg cho 113 mg sodium, 36 g carbo., 2 g fibe and 4 g pro. Daily Values: 13% vit. 9% vit. C, 3% calcium, and 7% iron

*For a lighter tart (269 calories, 30 m cholesterol, 13 g total fat, 6 g saturate fat): Substitute sour cream and crea cheese with equal amounts of light dai sour cream and light cream cheese.



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# Grown-Up Ice Cream



by David Feder

Splurge with two decadent desserts that are densely rich and laced with liqueurs. These special-occasion frozen treats are strictly for grown-ups.

**A Smoother Rocky Road**

**Prep/Chill:** 4 hours **Freeze:** 40 minutes **Ripen:** 4 hours

- 1¼ cups sugar
- ½ cup unsweetened cocoa powder
- 5 cups whipping cream
- 4 eggs
- ⅔ cup milk-chocolate pieces
- ½ cup coffee liqueur
- ¼ cup crème de cacao
- 4 oz. semisweet or bittersweet chocolate, chopped
- ¾ cup miniature marshmallows
- ¾ cup chopped pecans

1. In a saucepan stir together sugar, cocoa, and 3 cups of the cream. Cook and stir over low heat until steaming. (Do not boil.) In a mixing bowl beat eggs. Gradually stir in 1 cup of the hot cream mixture. Return to saucepan.

2. Cook and stir over low heat 2 minutes. Remove from heat. Beat gently with rotary beater to remove any lumps. Add milk-chocolate pieces. Stir until melted.

3. Stir in liqueurs and remaining cream. Cover and chill several hours or overnight. Freeze mixture in a 4- or 5-quart ice-cream freezer according to manufacturer's directions. Stir in chopped chocolate, marshmallows, and pecans. Allow to ripen for 4 hours. Makes 2½ quarts.

Nutrition facts per ½ cup: 407 cal., 29 g total fat (14 g sat. fat), 124 mg chol., 42 mg sodium, 31 g carbo., 4 g pro.

**Fuzzy Peach Ice**

**Prep:** 30 minutes **Total Freeze:** 8 hours

- 1 cup sugar
- ½ cup peach nectar
- ½ cup orange juice
- 6 cups fresh or thawed frozen sliced peaches
- 1 cup milk
- ½ cup peach schnapps
- 1 cup finely chopped peaches (optional)

1. In a large saucepan combine sugar, peach nectar, ar orange juice; cook and stir over low heat until sugar completely dissolved. Cool completely. Stir in the 6 cu peaches, milk, and schnapps.

2. Transfer mixture, 2 cups at a time, to a foo processor bowl or blender container. Cover and proce or blend until smooth. Transfer to a 13×9×2-inch baki pan. Cover and freeze for 4 to 6 hours until almost firn

3. Break frozen mixture into small chunks. Transfer a chilled bowl; beat with an electric mixture until smoo but not melted. Stir in the 1 cup chopped peaches, desired. Cover; freeze 4 hours more or until firm. Mak about 1½ quarts.

Nutrition facts per ½-cup serving: 144 cal., 0 g total f (0 g sat. fat), 2 mg chol., 11 mg sodium, 30 g carbo., 1 fiber, and 1 g pro. Daily Values: 6% vit. A, 19% vit. C 2% calcium, and 1% iron.



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# Modern Stone Age



Serve fruit in stone bowls purchased from home furnishings stores (*top right*). Pool together a personal collection of striped and spotted stones. Add water and a flower for a splash of color (*above*).

**Stimulate your senses** by including a variety o materials and textures in your home. Although man-made items– foam-filled chairs and plastic-encased electronics—abound, elemen from the natural world can balance these with a sense of solidity an timelessness. The following ideas for throwing stones into your hom don't require you to do any heavy remodeling. Rather, these desig choices will make your surroundings more interesting.

- **Stone soup** Gather together a potluck of small stones from lakeshores, riverbeds, o the surrounding neighborhood. Then, stir them together in a glass bowl (*left*). Add wate to bring out their colors and textures. For a dry, sculptural arrangement, stack pebbl in various sizes, shapes, and colors on a broad, flat stone.
- **Stonewares** Some everyday items, such as toothbrush holders, soap dishes, and book ends, are available in carved stone. Check out home furnishings stores and catalogs, a well as stationery and craft stores for stone products similar to this bowl (*above*). Man of the items even have dual uses, such as votive candleholders that work as flower vase
- **Stone wall** If you don't have a soaring stone fireplace—which most of us don't—yo can still get the same look of smooth, rounded texture on the wall with a ston wall-hanging. Use epoxy to glue small stones close together on a piece of thin plywoo or sturdy cardboard, then frame it with pieces of molding and hang it on the wall.
- **Sticks and stones** Use polished rocks to cover dirt in planters or to fill pot saucer for a natural boost to an organic decorating accent.

# Coordinating Color




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One of a cook's greatest pleasures is sharing recipes. In recognition of this joy, *Better Homes and Gardens*® magazine food editors began the Prize Test Recipe Contest in 1923, the longest running reader-driven recipe contest in history.

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Better Homes and Gardens® BOOKS


## Ceiling Fan Basics

Walk through the ceiling fan depa ment at most home centers and t vast selection may just make yo head spin. It's not enough to pi out the right color or style for yo room; you should also know abo motors, blade pitch, and optim blade diameter. All of these facto combine to determine how w the fan will help keep your hou feeling cool.

**Motors.** There are two basic typ of fan motors: those with seal bearings and those with bearings th rotate in an oil bath. Propone of sealed-bearing motors tout t benefits of fans that rarely requ service. Manufacturers of moto with oil-bathed bearings claim th products offer quieter operation a longer operating life.

**Blade pitch.** Most people do notice the pitch of a fan's blad when shopping, but it's a detail th shouldn't be overlooked. The steep the pitch of the blades, the more that the fan will move. But, steep pitched blades make more no when they are spinning at high speeds. Because the blades pu more air, steeper pitches m also require stronger fan moto Typically, blade pitch rang between 8 and 14 degrees.

**Use the chart below to help scale the size of your fan to the size of the room it will be in.**

| LARGEST HORIZONTAL ROOM DIMENSION | DIAMETER OF FAN |
|---|---|
| 12 feet or less | 36 inches |
| 13 to 16 feet | 48 inches |
| 17 to 18 feet | 52 inches |
| More than 18 feet | Use two or more fans |




*...plete a perpetual ...endar display!*

*...day shown much smaller than actual ...of 17¼" high x 13½" wide x 3⅛" deep.*

*August Tweety shown smaller than actual size of 2¾" tall.*

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# Tweety

## Calendar Figurines

**Charming sculptures, incredibly detailed and artfully hand painted.**

Tweety has amused and delighted generations with his hilarious antics and "tweet" way with words. Now, you can enjoy one of your favorite Looney Tunes characters all year 'round with the *Tweety Calendar Figurines!*

### Starring in a perpetual calendar display!

The twelve figurines in this delightful collection re-create the whimsical nature of this irresistible character. Each Tweety is crafted of cold-cast porcelain, a special blend of powdered porcelain and resin, and artfully hand painted. Adding to the uniqueness of this collectible is an attractive "birdcage" display that creates a working perpetual calendar. The distinctive design features "perches" for all twelve unique Tweetys! To set up a new month, simply move your figurine to the top of the display. The dates of the month are printed on large, easy-to-read tiles. In addition, the calendar comes with special decorative tiles to highlight holidays, birthdays and other important occasions.

### Officially authorized; favorably priced.

The *Tweety Calendar Figurines* are authorized by Warner Bros., crafted by Goebel, and available only from the Danbury Mint. The figurines and the perpetual calendar display are a remarkable value at only $19.95 each (plus $3.95 shipping and handling). You will receive one Tweety figurine per month. Your satisfaction is guaranteed. Order *today!*

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Calendar Figurines

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# Window Boxes

continued from page 118

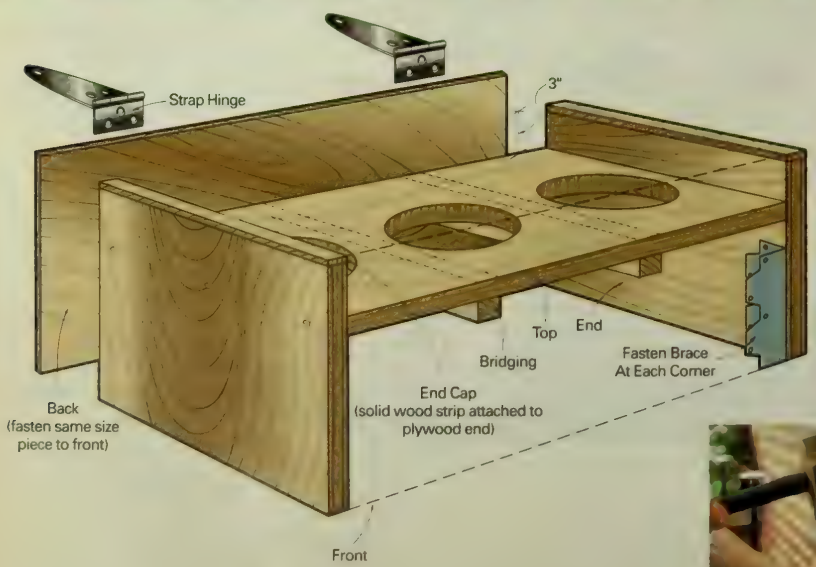


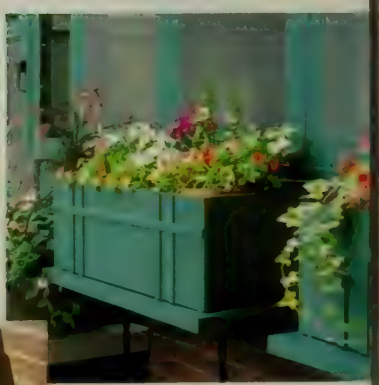
They may look like boxes, but they'r not, not really. If they were, you'd hav trouble with moisture, because th potting mix touches the wood in a tru box. In that case, when you water th plants, you water the wood too. The the wood wets the windowsill, the pain peels, and years later—if you're lucky and only months if you're not—th wood starts to rot.

These boxes (*left*) have no bottoms s they can't stay wet. Better still, the won't *get* wet (except in a rain), becaus they hold clay pots instead of pottin mix. The pots nest in holes (illustration *below left*). If you overwater, the exces drains harmlessly out of the pot an falls to the ground. Choose your pots then size the holes to hold the pots an size the box to match the holes.

Nine-inch pots work well. Thre will span a typical window. Bigger pot will force you to make a box that look bulky. Smaller pots—say 6 inches— will make a daintier box.

These boxes hang from strap hinge attached so that the tongues fasten o top of the windowsill and the bodie fasten to the back of the boxes.





If your wall is brick, screw flanges on sections of iron pipe, pound the pipes deep (*left*), and top them with platforms (*above*).

Go ahead.

Worship

the Devil's Food.




Love 'em all you want.



When you plant a garden of flowers in your front yard, you offer a cheerful greeting to all who pass by. Here are three yards that face the world with a smile.

by Doug Hall

# Best Face FORWARD

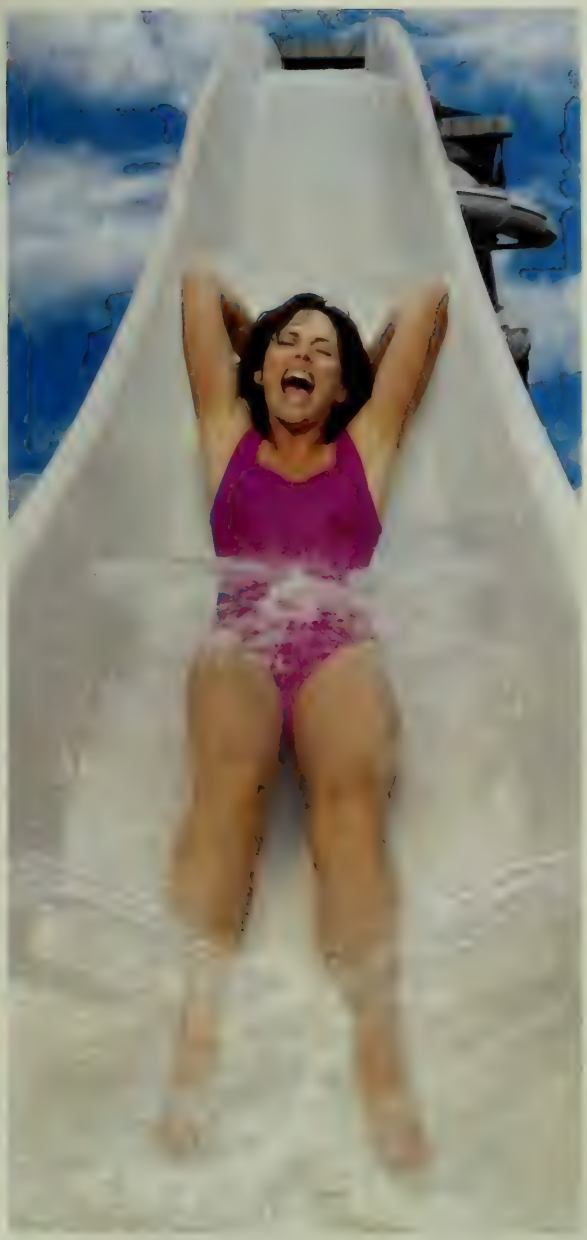



**COTTAGE STYLE** Cottage gardens may be a British invention, but Sandi Zarcades' front yard shows that the concept adapts well to American yards, too—even in sunny La Jolla, California. True to cottage style, Sandi planted a colorful jumble of flowers and surrounded it with a white lattice fence. Instead of the traditional delphiniums and peonies, though, Sandi's choice of plants is pure Southern California: drought-tolerant perennials, ground covers, and shrubs that, in Sandi's words, "need no fussing." Another time-saver: There's not a blade of grass in sight.

continued on page 126



**Allergy Season?**



**Allegra Season!**

Seasonal allergies can make you feel miserable. Only once-daily Allegra 180 mg tablets have fexofenadine for ong lasting, non-drowsy allergy relief, so you can feel more like yourself again. For patients 12 and older. Side ffects with Allegra 180mg are low and may include headache, upper respiratory tract infection and back ain. Please see additional important information on the next page. 1-800-ALLEGRA www.allegra.com Call your doctor or pharmacist now for more information.




**Enjoy your world™**

# ALLEGRA
## (fexofenadine hydrochloride)
Capsules and Tablets

**INDICATIONS AND USAGE**

**Seasonal Allergic Rhinitis**

ALLEGRA is indicated for the relief of symptoms associated with seasonal allergic rhinitis in adults and children 6 years of age and older. Symptoms treated effectively were sneezing, rhinorrhea, itchy nose/palate/throat, itchy/watery/red eyes.

**Chronic Idiopathic Urticaria**

ALLEGRA is indicated for treatment of uncomplicated skin manifestations of chronic idiopathic urticaria in adults and children 6 years of age and older. It significantly reduces pruritus and the number of wheals.

**CONTRAINDICATIONS**

ALLEGRA is contraindicated in patients with known hypersensitivity to its ingredients.

**PRECAUTIONS**

**Drug Interaction with Erythromycin and Ketoconazole**

Fexofenadine hydrochloride has been shown to exhibit minimal (ca 5%) metabolism. However co-administration of fexofenadine hydrochloride with ketoconazole and erythromycin led to increased plasma levels of fexofenadine hydrochloride. Fexofenadine hydrochloride had no effect on the pharmacokinetics of erythromycin and ketoconazole. In two separate studies fexofenadine hydrochloride 120 mg twice daily (two times the recommended twice daily dose) was co-administered with erythromycin 500 mg every 8 hours or ketoconazole 400 mg once daily under steady-state conditions to normal healthy volunteers (n=24, each study). No differences in adverse events or QT interval were observed when patients were administered fexofenadine hydrochloride alone or in combination with erythromycin or ketoconazole. The findings of these studies are summarized in the following table:

**Effects on steady-state fexofenadine hydrochloride pharmacokinetics after 7 days of co-administration with fexofenadine hydrochloride 120 mg every 12 hours (two times the recommended twice daily dose) in normal volunteers (n=24)**

| *Concomitant Drug* | $C_{max ss}$ *(Peak plasma concentration)* | $AUC_{ss 0-12h}$ *(Extent of systemic exposure)* |
|---|---|---|
| Erythromycin (500 mg every 8 hrs) | +82% | +109% |
| Ketoconazole (400 mg once daily) | +135% | +164% |

The changes in plasma levels were within the range of plasma levels achieved in adequate and well-controlled clinical trials.

The mechanism of these interactions has been evaluated *in vitro*, *in situ* and *in vivo* animal models. These studies indicate that ketoconazole or erythromycin co-administration enhances fexofenadine gastrointestinal absorption. *In vivo* animal studies also suggest that in addition to increasing absorption, ketoconazole decreases fexofenadine hydrochloride gastrointestinal secretion, while erythromycin may also decrease biliary excretion.

**Drug Interactions with Antacids**

Administration of 120 mg of fexofenadine hydrochloride (2 x 60 mg capsule) within 15 minutes of an aluminum and magnesium containing antacid (Maalox) decreased fexofenadine AUC by 41% and $C_{max}$ by 43%. ALLEGRA should not be taken closely in time with aluminum and magnesium containing antacids.

**Carcinogenesis, Mutagenesis, Impairment of Fertility**

The carcinogenic potential and reproductive toxicity of fexofenadine hydrochloride were assessed using terfenadine studies with adequate fexofenadine hydrochloride exposure (based on plasma area-under-the-concentration vs. time [AUC] values). No evidence of carcinogenicity was observed in an 18-month study in mice and in a 24-month study in rats at oral doses up to 150 mg/kg of terfenadine (which led to fexofenadine exposures that were respectively approximately 3 and 5 times the exposure from the maximum recommended daily oral dose of fexofenadine hydrochloride in adults and children).

*In vitro* (Bacterial Reverse Mutation CHO/HGPRT Forward Mutation and Rat Lymphocyte Chromosomal Aberration assays) and *in vivo* (Mouse Bone Marrow Micronucleus assay) tests, fexofenadine hydrochloride revealed no evidence of mutagenicity.

In rat fertility studies, dose-related reductions in implants and increases in post-implantation losses were observed at an oral dose of 150 mg/kg of terfenadine (which led to fexofenadine hydrochloride exposures that were approximately 3 times the exposure of the maximum recommended daily oral dose of fexofenadine hydrochloride in adults).

**Pregnancy**

**Teratogenic Effects: Category C.** There was no evidence of teratogenicity in rats or rabbits at oral doses of terfenadine up to 300 mg/kg (which led to fexofenadine exposures that were approximately 4 and 31 times, respectively, the exposure from the maximum recommended daily oral dose of fexofenadine in adults). There are no adequate and well controlled studies in pregnant women. Fexofenadine should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

**Nonteratogenic Effects:** Dose-related decreases in pup weight gain and survival were observed in rats exposed to an oral dose of 150 mg/kg of terfenadine (approximately 3 times the maximum recommended daily oral dose of fexofenadine hydrochloride in adults based on comparison of fexofenadine hydrochloride AUCs).

**Nursing Mothers**

There are no adequate and well-controlled studies in women during lactation. Because many drugs are excreted in human milk, caution should be exercised when fexofenadine hydrochloride is administered to a nursing woman.

**Pediatric Use**

The recommended dose in patients 6 to 11 years of age is based on cross-study comparison of the pharmacokinetics of ALLEGRA in adults and pediatric patients and on the safety profile of fexofenadine hydrochloride in both adult and pediatric patients at doses equal to or higher than the recommended dose.

The safety of ALLEGRA tablets at a dose of 30 mg twice daily has been demonstrated in 438 pediatric patients 6 to 11 years of age in two placebo-controlled 2-week seasonal allergic rhinitis trials. The safety of ALLEGRA for the treatment of chronic idiopathic urticaria in patients 6 to 11 years of age is based on cross-study comparison of the pharmacokinetics of ALLEGRA in adult and pediatric patients and on the safety profile of fexofenadine in both adult and pediatric patients at doses equal to or higher than the recommended dose. The effectiveness of ALLEGRA for the treatment of seasonal allergic rhinitis in patients 6 to 11 years of age was demonstrated in one [illegible]411, in which ALLEGRA tablets 30 mg twice daily significantly reduced total symptom scores compared to placebo. Along with extrapolation of demonstrated efficacy in patients ages 12 years and above and the pharmacokinetic comparisons in adults and children, the effectiveness of ALLEGRA for the treatment of seasonal allergic rhinitis in patients 6 to 11 years of age is based on the demonstrated efficacy of ALLEGRA in established models of pollen and the likelihood that the disease course, pathophysiology, and the drug's effect are substantially similar in children and adult patients.

The safety and effectiveness of ALLEGRA in pediatric patients under [illegible] have not been established.

**Geriatric Use**

[illegible] of ALLEGRA tablets and capsules did not include sufficient numbers of subjects aged 65 years and over to determine whether they respond differently from younger patients. [illegible] has not identified differences in [illegible] and younger patients. This drug is [illegible] by the kidney, and the risk of [illegible] may be greater in patients with impaired [illegible] elderly patients are more likely to have [illegible] and should be taken in dose selection [illegible] renal function (See CLINICAL

**ADVERSE REACTIONS**

**Seasonal Allergic Rhinitis**

**Adults:** In placebo-controlled seasonal allergic rhinitis clinical trials in patients 12 years of age and older, which included 2461 patients receiving fexofenadine hydrochloride capsules at doses of 20 mg, 40 mg, 120 mg or 240 mg twice daily, adverse events were similar in fexofenadine hydrochloride and placebo-treated patients. An adverse event was one which was reported by greater than 1% of patients who received the recommended daily dose of fexofenadine hydrochloride 60 mg capsules twice daily, and that were more common with fexofenadine hydrochloride than placebo, are listed in Table 1.

In a placebo-controlled clinical study in the United States, which included 570 patients aged 12 years and older receiving fexofenadine hydrochloride tablets at doses of 120 or 180 mg once daily, adverse events were similar in fexofenadine hydrochloride and placebo-treated patients. Table 1 also lists adverse experiences that were reported by greater than 2% of patients treated with fexofenadine hydrochloride tablets at doses of 180 mg once daily and that were more common with fexofenadine hydrochloride than placebo. The incidence of adverse events including drowsiness was not dose-related and was similar across subgroups defined by age, gender, and race.

**Table 1**
**Adverse experiences in patients ages 12 years and older reported in placebo-controlled seasonal allergic rhinitis clinical trials in the United States**
**Twice daily dosing with fexofenadine capsules at rates of greater than 1%**

| *Adverse experience* | *Fexofenadine 60 mg Twice Daily (n=679)* | *Placebo Twice Daily (n=671)* |
|---|---|---|
| Viral Infection (cold, flu) | 2.5% | 1.5% |
| Nausea | 1.6% | 1.5% |
| Dysmenorrhea | 1.5% | 0.3% |
| Drowsiness | 1.3% | 0.9% |
| Dyspepsia | 1.3% | 0.6% |
| Fatigue | 1.3% | 0.9% |

**Once daily dosing with fexofenadine hydrochloride tablets at rates of greater than 2%**

| *Adverse experience* | *Fexofenadine 180 mg once daily (n=283)* | *Placebo (n=293)* |
|---|---|---|
| Headache | 10.6% | 7.5% |
| Upper Respiratory Tract Infection | 3.2% | 3.1% |
| Back Pain | 2.8% | 1.4% |

The frequency and magnitude of laboratory abnormalities were similar in fexofenadine hydrochloride and placebo-treated patients.

**Pediatric.** Table 2 lists adverse experiences in patients aged 6 to 11 years of age which were reported by greater than 2% of patients treated with fexofenadine hydrochloride tablets at a dose of 30 mg twice daily in placebo-controlled seasonal allergic rhinitis studies in the United States and Canada that were more common with fexofenadine hydrochloride than placebo.

**Table 2**
**Adverse experiences reported in placebo-controlled seasonal allergic rhinitis studies in pediatric patients ages 6 to 11 in the United States and Canada at rates of greater than 2%**

| *Adverse experience* | *Fexofenadine 30 mg twice daily (n=209)* | *Placebo (n=229)* |
|---|---|---|
| Headache | 7.2% | 6.6% |
| Accidental Injury | 2.9% | 1.3% |
| Coughing | 3.8% | 1.3% |
| Fever | 2.4% | 0.9% |
| Pain | 2.4% | 0.4% |
| Otitis Media | 2.4% | 0.0% |
| Upper Respiratory Tract Infection | 4.3% | 1.7% |

**Chronic Idiopathic Urticaria**

Adverse events reported by patients 12 years of age and older in placebo-controlled chronic idiopathic urticaria studies were similar to those reported in placebo-controlled seasonal allergic rhinitis studies. In placebo-controlled chronic idiopathic urticaria clinical trials which included 726 patients 12 years of age and older receiving fexofenadine hydrochloride tablets at doses of 20 to 240 mg twice daily, adverse events were similar in fexofenadine hydrochloride and placebo-treated patients. Table 3 lists adverse experiences in patients aged 12 years and older which were reported by greater than 2% of patients treated with fexofenadine hydrochloride 60 mg tablets twice daily in controlled clinical studies in the United States and Canada and that were more common with fexofenadine hydrochloride than placebo. The safety of fexofenadine hydrochloride in the treatment of chronic idiopathic urticaria in pediatric patients 6 to 11 years of age is based on the safety profile of fexofenadine hydrochloride in adults and adolescent patients at doses equal to or higher than the recommended dose (see Pediatric Use).

**Table 3**
**Adverse experiences reported in patients 12 years and older in placebo-controlled chronic idiopathic urticaria studies in the United States and Canada at rates of greater than 2%**

| *Adverse experience* | *Fexofenadine 60 mg twice daily (n=186)* | *Placebo (n=178)* |
|---|---|---|
| Back Pain | 2.2% | 1.1% |
| Sinusitis | 2.2% | 1.1% |
| Dizziness | 2.2% | 0.6% |
| Drowsiness | 2.2% | 0.0% |

Events that have been reported during controlled clinical trials involving seasonal allergic rhinitis and chronic idiopathic urticaria patients with incidences less than 1% and similar to placebo and have been rarely reported during postmarketing surveillance include: insomnia, nervousness and sleep disorders or paronima. In rare cases, rash, urticaria, pruritus and hypersensitivity reactions with manifestations such as angioedema, chest tightness, dyspnea, flushing and systemic anaphylaxis have been reported.

**OVERDOSAGE**

Reports of fexofenadine hydrochloride overdose have been infrequent and contain limited information. However, dizziness, drowsiness, and dry mouth have been reported. Single doses of fexofenadine hydrochloride up to 800 mg (six normal volunteers at this dose level) and doses up to 690 mg twice daily for 1 month (three normal volunteers at this dose level) or 240 mg once daily for 1 year (234 normal volunteers at this dose level) were administered without the development of clinically significant adverse events as compared to placebo.

In the event of overdose, consider standard measures to remove any unabsorbed drug. Symptomatic and supportive treatment is recommended.

Hemodialysis did not effectively remove fexofenadine hydrochloride from blood (1.7% removed) following terfenadine administration. No deaths occurred at oral doses of fexofenadine hydrochloride up to 5000 mg/kg in mice (>10 times the maximum recommended daily oral dose in adults and 200 times the maximum recommended daily oral dose in children based on mg/m²) and up to 5000 mg/kg in rats (>30 times the maximum recommended daily oral dose in adults and 400 times the maximum recommended daily oral dose in children based on mg/m²). Additionally, no clinical signs of toxicity or gross pathological findings were observed in dogs given evidence of toxicity was observed at oral doses up to 2000 mg/kg (>300 times the maximum recommended daily oral dose in adults and 530 times the maximum recommended daily oral dose of children based on mg/m²).

Prescribing Information as of November 2000

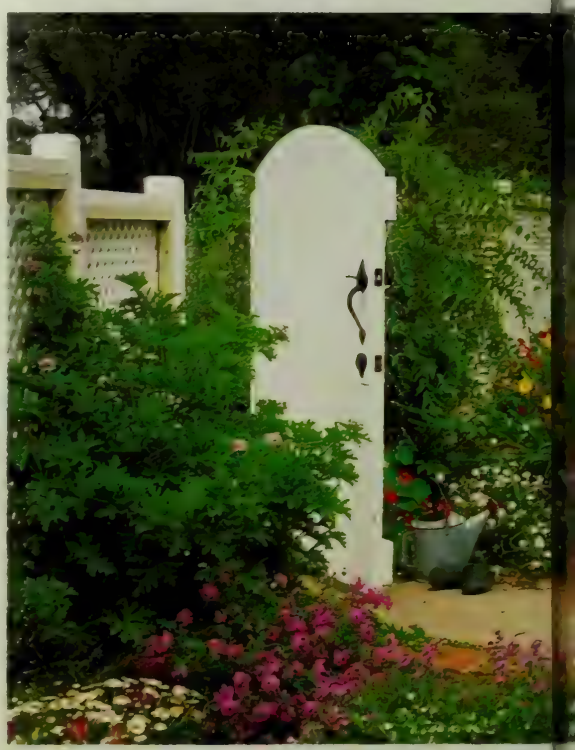
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US Patents 4,254,129; 5,375,693; 5,578,610

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# Best Face Forward

continued from page 124





Inside the fence and out, the focus is on flowers, which Sandi plants in cottage-style profusion.



Daylilies, verbena, callistemon, roses, and geraniums bloom in Sandi Zarcades' front-yard garden.



Sandi chooses plants for year-round color, fragrance, and the ability to attract birds and butterflies. Also, the plants need to thrive in the yard's heavy soil and dry climate.

The diagonal fence divides Sandi's yard into two gardens: the streetside beds that slope from the fence to the sidewalk, which are visible to all; and a more private area inside the fence. "I decided to plant in front of the fence so that the many walkers would have something pretty to look at," Sandi says. In this mild climate, there's always something in bloom.

Despite the garden's lush appearance, upkeep is minimal. A garden designer helped Sandi to select low-maintenance plants, resulting in a garden that's more about leisure than work. "I never use insecticides, nor do I like plants that need this or that special fertilizer," she says.

continued on page 128




Never send a towelette to do a heavy-duty hand cleaner's job. If it's a greasy, grimy or otherwise nasty mess, count on Lava Heavy-Duty Hand Cleaner Towels. Pre-soaked with powerful cleaning agents, Lava Towels require no water to use and no rinsing afterwards. Available in convenient 10-packs and a jumbo 50-towel canister.

LAVA HEAVY-DUTY HAND CLEANER TOWELS.

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# Best Face Forward

continued from page 127

## INTO THE WOODS

Elda and Ray Behm's front yard is like a clearing in the forest. More than 30 years ago, when the Behms moved to their Seattle home, they removed about 20 of the tall alder trees that shaded the lot. Plenty of trees remain, especially in back, but the front yard is open to the sky—an ideal setting for a garden.

It's obvious to anyone who passes by that plant-lovers live here. Elda, the plant collector in the family, has bordered the crescent-shaped lawn with uncommon varieties of rhododendrons, roses, viburnums, and other shrubs. Trees are of the small, ornamental sort, such as Japanese maples and dogwoods. They're tall enough to frame views and provide some screening, but not so tall that they return the yard to its shady past.

continued on page 130







Elda and Ray Behm extended their elaborate planting beds all the way to the street (*left* and illustration, *above*). A composition in contrasting foliage colors includes a burgundy-leafed Japanese maple, buttercup winter hazel, a golden heather, and cottage pinks (*top*).

One lone liner

deep down at the bottom

of your purse?



Start searchin'.

**New Lightdays® Purse-Paks,™ only from Kotex®**

5 individually wrapped liners. 1 tiny, tidy, resealable pouch.

You'll never go purse hunting again. | kotex.com





continued from page 129

Every spring, Elda finds room to shoehorn a few annual flowers into her beds for extra color (*above*).

Elda combines the commonplace—annual geraniums and sweet alyssum, for instance (*above*)—with unusual specimens, such as the dierama, a perennial whose pink pendant flowers are lined up on arching stems. A thrifty gardener, Elda grew many of her perennial flowers from seeds or cuttings.

Granted, not every homeowner has the time or inclination to garden on this scale. If you prefer a lower-maintenance approach, you can still have a garden-encircled front yard—just select plants that don't need pruning, spraying, or extra water and fertilizer. Cooperative extension agents and landscape designers can help you select the most trouble-free plants for your climate.

continued on page 132

A rock-edged pond near the street is nearly hidden by dense plantings of ferns, epimediums, rushes, and azaleas (*below*).





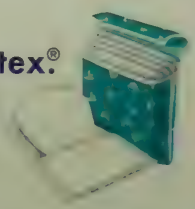
One lone liner at the bottom of your purse?

Good luck.

**New Lightdays® Purse-Paks,™ only from Kotex.®**

5 individually wrapped liners. 1 tiny, tidy, resealable pouch.

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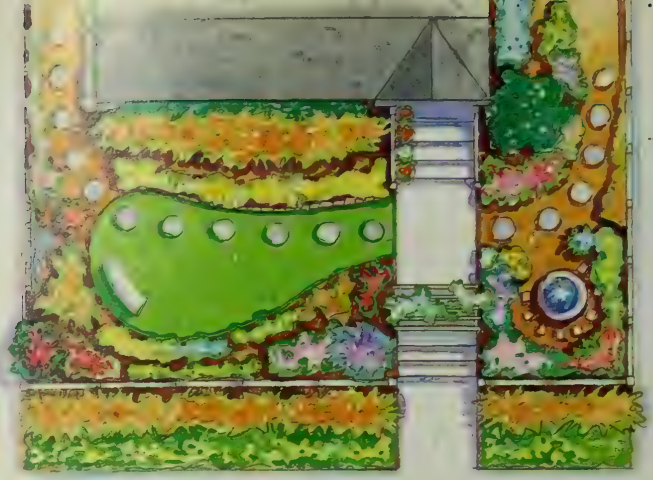
# Best Face Forward

continued from page 130

## LESS IS MORE

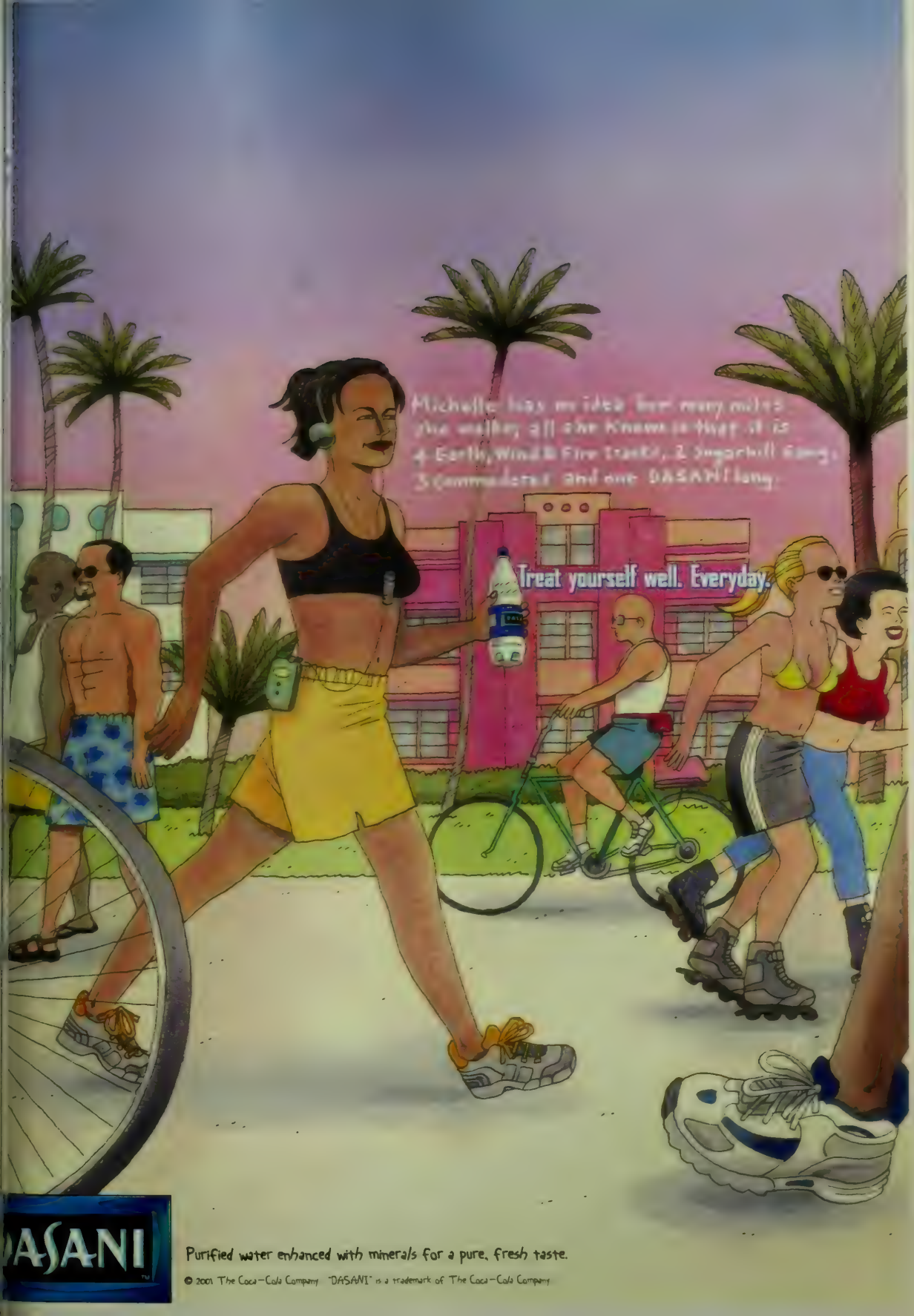
Not one square foot is wasted in Patrick Munsel and Philip Heimerdinger's tiny front yard. The two homeowners incorporated many of the features of larger yards in their scaled-down landscape—even a small fountain that contributes an audible gurgle to their quiet street in midtown Kansas City. Old-fashioned perennials—such as peonies, hollyhock mallow, and orange daylilies—plus roses, butterfly bush, and spirea surround a postage stamp of lawn. Geraniums in window boxes and pots add extra bloom power.

continued on page 134



Patrick Munsel and Philip Heimerdinger's urban yard features a lawn enclosed by planting beds for flowers.






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# Best Face Forward

continued from page 132

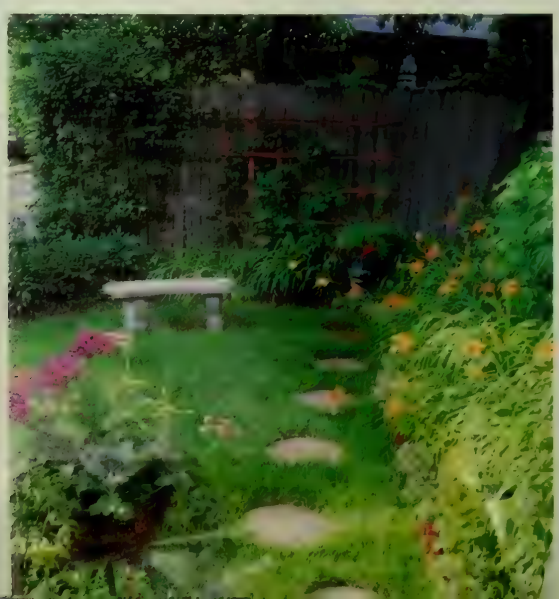
To provide level ground for their front-yard garden, Patrick and Philip built a retaining wall parallel to the street. "When we got rid of that steep slope, we doubled the planting space in the front yard," Patrick says. An unpainted picket fence hides the wall. Roses and clematis vines climb the lattice panels of an arbor, which marks the entrance to the garden from the street. The tiny patch of lawn will soon disappear—and with it, the lawnmower—in favor of a new patio of used bricks.

There are times that Patrick and Philip dream of having more garden space. But, as Patrick says, "I think perhaps the charm of this garden is that it's like a miniature of a larger yard; kind of between a formal and a cottage garden."

Buying information, page 229



Patrick and Philip buy many of their plants from a local farmer's market, including these spiky delphiniums (in bud, *above*) and purple hollyhock mallow.



A 6-foot board fence along one side of the yard (*left*) is a neutral backdrop that also affords some privacy.




# Celebrate

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**Celebrex.** The #1 selling prescription arthritis medicine.†

**Celebrex.** The first arthritis medicine that targets only the COX-2 enzyme.

**Celebrex.** Powerful 24-hour relief from osteoarthritis pain and stiffness.

**Important Celebrex Information.** Celebrex should not be taken in late pregnancy or if you've had aspirin-sensitive asthma or allergic reactions to aspirin or other arthritis medicines or certain drugs called sulfonamides. In rare cases serious stomach problems such as bleeding can occur without warning. The most common side effects in clinical trials were indigestion, diarrhea and abdominal pain. Tell your doctor if you have kidney or liver problems. For more information call 1-888-Celebrex or visit www.celebrex.com.

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Please see important product information on adjacent page.

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PHARMACIA Pfizer

## BRIEF SUMMARY—CELEBREX® (celecoxib capsules)

### INDICATIONS AND USAGE

for relief of the signs and symptoms of OA, and of RA in adults.

### CONTRAINDICATIONS

CELEBREX is contraindicated in patients with known hypersensitivity to celecoxib. CELEBREX should not be given to patients who have demonstrated allergic-type reactions to sulfonamides. CELEBREX should not be given to patients who have experienced asthma, urticaria, or allergic-type reactions after taking aspirin or other NSAIDs. Severe, rarely fatal, anaphylactic-like reactions to NSAIDs have been reported in such patients (see WARNINGS—Anaphylactoid Reactions, and PRECAUTIONS—Preexisting Asthma).

### WARNINGS

**Gastrointestinal (GI) Effects—Risk of GI Ulceration, Bleeding, and Perforation:** Serious GI toxicity such as bleeding, ulceration, and perforation of the stomach, small intestine or large intestine, can occur at any time, with or without warning symptoms, in patients treated with NSAIDs. Minor upper GI problems, such as dyspepsia, are common and may also occur at any time during NSAID therapy. Therefore, physicians and patients should remain alert for ulceration and bleeding, even in the absence of previous GI tract symptoms. Patients should be informed about the signs and/or symptoms of serious GI toxicity and the steps to take if they occur. Only 1/5 patients who develop a serious upper GI adverse event on NSAID therapy is symptomatic. Upper GI ulcers, gross bleeding or perforation, caused by NSAIDs, appear to occur in approximately 1% of patients treated for 3–6 months, and in about 2–4% of patients treated for one year. These trends continue thus, increasing the likelihood of developing a serious GI event at some time during the course of therapy. However, even short-term therapy is not without risk. It is unclear, at the present time, how the above rates apply to CELEBREX (see CLINICAL STUDIES— Special Studies in the complete prescribing information). Among 5,285 patients who received CELEBREX in controlled clinical trials of 1 to 6 months duration (most were 3 month studies) at a daily dose of 200 mg or more, 2 (0.04%) experienced significant upper GI bleeding, at 14 and 22 days after initiation of dosing. Approximately 40% of these 5,285 patients were in studies that required them to be free of ulcers by endoscopy at study entry. Thus it is unclear if this study population is representative of the general population. Prospective, long-term studies required to compare the incidence of serious, clinically significant upper GI adverse events in patients taking CELEBREX vs. comparator NSAID products have not been performed. NSAIDs should be prescribed with extreme caution in patients with a prior history of ulcer disease or GI bleeding. Most spontaneous reports of fatal GI events are in elderly or debilitated patients and therefore special care should be taken in treating this population. **To minimize the potential risk for an adverse GI event, the lowest effective dose should be used for the shortest possible duration.** For high risk patients, alternate therapies that do not involve NSAIDs should be considered. Studies have shown that patients with a *prior history of peptic ulcer disease and/or GI bleeding* and who use NSAIDs, have a greater than 10-fold higher risk for developing a GI bleed than patients with neither of these risk factors. In addition to a past history of ulcer disease, pharmacoepidemiological studies have identified several other co-therapies or co-morbid conditions that may increase the risk for GI bleeding such as: treatment with oral corticosteroids, treatment with anticoagulants, longer duration of NSAID therapy, smoking, alcoholism, older age, and poor general health status.

**Anaphylactoid Reactions:** As with NSAIDs in general, anaphylactoid reactions have occurred in patients without known prior exposure to CELEBREX. In post-marketing experience, rare cases of anaphylactic reactions and angioedema have been reported in patients receiving CELEBREX. CELEBREX should not be given to patients with the aspirin triad. This symptom complex typically occurs in asthmatic patients who experience rhinitis with or without nasal polyps, or who exhibit severe, potentially fatal bronchospasm after taking aspirin or other NSAIDs (see CONTRAINDICATIONS and PRECAUTIONS—Preexisting Asthma). Emergency help should be sought in cases where an anaphylactoid reaction occurs.

**Advanced Renal Disease:** Treatment with CELEBREX is not recommended.

**Pregnancy:** In late pregnancy CELEBREX should be avoided because it may cause premature closure of the ductus arteriosus.

### PRECAUTIONS

**General:** CELEBREX cannot be expected to substitute for corticosteroids or to treat corticosteroid insufficiency. The pharmacological activity of CELEBREX in reducing inflammation, and possibly fever, may diminish the utility of these diagnostic signs in detecting infectious complications of presumed noninfectious, painful conditions.

**Hepatic Effects:** Borderline elevations of one or more liver tests may occur in up to 15% of patients taking NSAIDs, and notable elevations of ALT or AST (approximately three or more times the upper limit of normal) have been reported in approximately 1% of patients in clinical trials with NSAIDs. These laboratory abnormalities may progress, may remain unchanged, or may be transient with continuing therapy. Rare cases of severe hepatic reactions, including jaundice and fatal fulminant hepatitis, liver necrosis and hepatic failure (some with fatal outcome) have been reported with NSAIDs, including CELEBREX. (See ADVERSE REACTIONS—post-marketing experience.) In controlled clinical trials of CELEBREX, the incidence of borderline elevations of liver tests was 6% for CELEBREX and 5% for placebo, and approximately 0.2% of patients taking CELEBREX and 0.3% of patients taking placebo had notable elevations of ALT and AST. A patient with symptoms and/or signs suggesting liver dysfunction, or in whom an abnormal liver test has occurred, should be monitored carefully for evidence of the development of a more severe hepatic reaction while on therapy with CELEBREX. If clinical signs and symptoms consistent with liver disease develop, or if systemic manifestations occur (e.g., eosinophilia, rash, etc.), CELEBREX should be discontinued.

**Renal Effects:** Long-term administration of NSAIDs has resulted in renal papillary necrosis and other renal injury. Renal toxicity has also been seen in patients in whom renal prostaglandins have a compensatory role in the maintenance of renal perfusion. In these patients, administration of an NSAID may cause a dose-dependent reduction in prostaglandin formation and, secondarily, in renal blood flow, which may precipitate overt renal decompensation. Patients at greatest risk of this reaction are those with impaired renal function, heart failure, or liver dysfunction, those taking diuretics and ACE inhibitors, and the elderly. Discontinuation of NSAID therapy is usually followed by recovery to the pretreatment state. Clinical trials with CELEBREX have shown renal effects similar to those observed with comparator NSAIDs. Caution should be used when initiating treatment with CELEBREX in patients with considerable dehydration. It is advisable to rehydrate patients first and then start therapy with CELEBREX. Caution is also recommended in patients with pre-existing kidney disease (see WARNINGS—Advanced Renal Disease).

**Hematological Effects:** Anemia may occur. In controlled clinical trials the incidence of anemia was 0.6% with CELEBREX and 0.4% with placebo. Patients on long-term treatment with CELEBREX should have their hemoglobin or hematocrit checked if they exhibit any signs or symptoms of anemia or blood loss. CELEBREX does not generally affect platelet counts, prothrombin time (PT), or partial thromboplastin time (PTT), and does not appear to inhibit platelet aggregation at indicated dosages (See CLINICAL STUDIES—Special Studies—Platelets in the complete prescribing information).

**Fluid Retention and Edema:** Fluid retention and edema may occur (see ADVERSE REACTIONS). Therefore, CELEBREX should be used with caution in patients with fluid retention, hypertension, or heart failure.

**Preexisting Asthma:** Do not use in patients with aspirin-sensitive asthma because of the risk of severe bronchospasm. Use with caution in patients with preexisting asthma.

**Laboratory Tests:** Because serious GI tract ulcerations and bleeding can occur without warning symptoms, physicians should monitor for signs or symptoms of GI bleeding. During the controlled clinical trials, there was an increased incidence of hyperchloremia in patients receiving celecoxib compared with patients on placebo. Other laboratory abnormalities that occurred more frequently in the patients receiving celecoxib included hypophosphatemia, and elevated BUN. These laboratory abnormalities were also seen in patients who received comparator NSAIDs in these studies. The clinical significance of these abnormalities has not been established.

**Drug Interactions:** ***General:*** Celecoxib metabolism is predominantly mediated via cytochrome P450 2C9 in the liver. Co-administration of celecoxib with drugs that are known to inhibit 2C9 should be done with caution. *In vitro* studies indicate that celecoxib, although not a substrate, is an inhibitor of cytochrome P450 2D6. Therefore, there is a potential for an *in vivo* drug interaction with drugs that are metabolized by P450 2D6. ***ACE-inhibitors:*** Reports suggest that NSAIDs may diminish the antihypertensive effect of Angiotensin Converting Enzyme (ACE) inhibitors. This interaction should be given consideration in patients taking CELEBREX concomitantly with ACE-inhibitors. ***Furosemide:*** Clinical studies, as well as post marketing observations, have shown that NSAIDs can reduce the natriuretic effect of furosemide and thiazides in some patients. This response has been attributed to inhibition of renal prostaglandin synthesis. ***Aspirin:*** CELEBREX can be used with low dose aspirin. However concomitant administration of aspirin with CELEBREX may result in an increased rate of GI ulceration or other complications, compared to use of CELEBREX alone (see CLINICAL STUDIES [illegible] Studies- Gastrointestinal in the complete prescribing information). Because of its lack of [illegible] effects, CELEBREX is not a substitute for aspirin for cardiovascular prophylaxis. ***Fluconazole:*** [illegible] administration of fluconazole at 200 mg QD resulted in a two-fold increase in celecoxib [illegible] concentration. This increase is due to the inhibition of celecoxib metabolism via P450 2C9 [illegible] Pharmacokinetics - Metabolism) CELEBREX should be introduced at the lowest [illegible] in patients receiving fluconazole. ***Lithium:*** In a study conducted in healthy [illegible] lithium plasma levels increased approximately 17% in subjects receiv[illegible] Patients on lithium treatment should be closely monitored when CELEBREX is introduced or drawn. ***Methotrexate:*** In an interaction study of rheumatoid arthritis patients taking methotrexate, CELEBREX did not have a significant effect on the pharmacokinetics of methotrexate. ***Warfarin:*** [illegible] coagulant activity should be monitored, particularly in the first few days, after initiating or changing CELEBREX therapy in patients receiving warfarin or similar agents, since these patients may have an increased risk of bleeding complications. The effect of celecoxib on the anticoagulant effect of warfarin was studied in a group of healthy subjects receiving daily doses of 2–5 mg of warfarin. In these subjects, celecoxib did not alter the anticoagulant effect of warfarin as determined by prothrombin time. However, in post-marketing experience, bleeding events have been reported, predominantly in the elderly, in association with increases in prothrombin time in patients receiving CELEBREX concurrently with warfarin. **Carcinogenesis, mutagenesis, impairment of fertility:** Celecoxib was not carcinogenic in rats given oral doses up to 200 mg/kg for males and 10 mg/kg for females (approximately 2- to 4-fold the human exposure as measured by the $AUC_{0-24}$ at 200 mg BID) or in mice given oral doses up to 25 mg/kg for males and 50 mg/kg for females (approximately equal to human exposure as measured by the $AUC_{0-24}$ at 200 mg BID) for two years. Celecoxib was not mutagenic in an Ames test and a mutation assay in Chinese hamster ovary (CHO) cells, nor clastogenic in a chromosome aberration assay in CHO cells and an *in vivo* micronucleus test in rat bone marrow. Celecoxib did not impair male and female fertility in rats at oral doses up to 600 mg/kg/day (approximately 11-fold human exposure at 200 mg BID based on the $AUC_{0-24}$).

**Pregnancy:** ***Teratogenic effects:*** Pregnancy Category C. Celecoxib was not teratogenic in rats up to an oral dose of 60 mg/kg/day (equal to human exposure at 200 mg BID as measured by AUC, however, at oral doses ≥150 mg/kg/day (approximately 2-fold human exposure at 200 mg BID as measured by $AUC_{0-24}$), an increased incidence of fetal alterations, such as ribs fused, sternebrae fused and sternebrae misshapen, was observed. A dose-dependent increase in diaphragmatic hernia was observed in one of two rat studies at oral doses ≥30 mg/kg/day (approximately 6-fold human exposure based on the $AUC_{0-24}$ at 200 mg BID). There are no studies in pregnant women. CELEBREX should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. ***Nonteratogenic effects:*** Celecoxib produced preimplantation and post-implantation loss and reduced embryo/fetal survival in rats at oral dosages ≥50 mg/kg/day (approximately 6-fold human exposure based on the $AUC_{0-24}$ at 200 mg BID). These changes are expected with inhibition of prostaglandin synthesis and are not the result of permanent alteration of female reproductive function nor are they expected at clinical exposures. No studies have been conducted to evaluate the effect of celecoxib on the closure of the ductus arteriosus in humans. Therefore, use of CELEBREX during the third trimester of pregnancy should be avoided. **Labor and delivery:** Celecoxib produced no evidence of delayed labor or parturition at oral doses up to 100 mg/kg/day in rats (approximately 3-fold human exposure as measured by the $AUC_{0-24}$ at 200 mg BID). The effects of CELEBREX on labor and delivery in pregnant women are unknown. **Nursing mothers:** It is not known whether this drug is excreted in human milk. Because many drugs are excreted in human milk and because of the potential for serious adverse reactions in nursing infants from CELEBREX, a decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the mother.

**Pediatric Use:** Safety and effectiveness in pediatric patients below the age of 18 years have not been evaluated.

**Geriatric Use:** Of the total number of patients who received CELEBREX in clinical trials, more than 2,100 were 65–74 years of age, while approximately 800 additional patients were 75 years and over. While the incidence of adverse experiences tended to be higher in elderly patients, no subject differences in safety and effectiveness were observed between these subjects and younger subjects. Other reported clinical experience has not identified differences in response between the elderly and younger patients, but greater sensitivity of some older individuals cannot be ruled out. In clinical studies comparing renal function as measured by the GFR, BUN and creatinine, and platelet function as measured by bleeding time and platelet aggregation, the results were not different between elderly and young volunteers.

### ADVERSE REACTIONS

**Adverse events occurring in ≥2% of Celebrex patients from controlled arthritis trials, regardless of causality at recommended doses (N=4146):** abdominal pain 4.1%, diarrhea 5.6%, dyspepsia 4.6%, flatulence 2.2%, nausea 3.5%, back pain 2.8%, peripheral edema 2.1%, injury-accidental 2.9%, weakness 2.0%, headache 15.8%, insomnia 2.3%, pharyngitis 2.3%, rhinitis 2.0%, sinusitis 5.0%, upper respiratory tract infection 8.1%, rash 2.2%. In placebo- or active-controlled clinical trials, the discontinuation rate due to adverse events was 7.1% for patients receiving CELEBREX and 6.1% for patients receiving placebo. Among the most common reasons for discontinuation due to adverse events in the CELEBREX treatment groups were dyspepsia and abdominal pain (cited as reasons for discontinuation in 0.8% and 0.7% of CELEBREX patients, respectively). Among patients receiving placebo, 0.4% discontinued due to dyspepsia and 0.6% withdrew due to abdominal pain. The following adverse events occurred in 0.1–1.9% of patients regardless of causality.

**Celebrex (100–200 mg BID or 200 mg QD):** ***GI:*** Constipation, diverticulitis, dysphagia, eructation, esophagitis, gastritis, gastroenteritis, gastroesophageal reflux, hemorrhoids, hiatal hernia, [illegible] dry mouth, stomatitis, tenesmus, tooth disorder, vomiting; ***Cardiovascular:*** Aggravated hypertension, angina pectoris, coronary artery disorder, myocardial infarction; ***General:*** Allergy aggravated, allergic reaction, asthenia, chest pain, cyst NOS, edema generalized, face edema, fatigue, fever, hot flushes, influenza-like symptoms, pain, peripheral pain; ***Resistance mechanism disorders:*** Herpes simplex, herpes zoster, infection bacterial, infection fungal, infection soft tissue, infection viral, monilial vaginitis, otitis media; ***Central, peripheral nervous system:*** Leg cramps, hypertonia, hypesthesia, migraine, neuralgia, neuropathy, paresthesia, vertigo; ***Female reproductive:*** Breast fibrosis, breast neoplasm, breast pain, dysmenorrhea, menstrual disorder, vaginal hemorrhage, vaginitis; ***Male reproductive:*** Prostatic disorder; ***Hearing and vestibular:*** Deafness, ear abnormality, tinnitus; ***Heart rate and rhythm:*** Palpitation, tachycardia; ***Liver and biliary system:*** Hepatic function abnormal, SGOT increased, SGPT increased; ***Metabolic and nutritional:*** BUN increased, creatinine increased, diabetes mellitus, hypercholesterolemia, hyperglycemia, hypokalemia, NPN increased, phosphatase increased, alkaline phosphatase increased, weight increase; ***Musculoskeletal:*** Arthralgia, arthrosis, bone disorder, fracture accidental, myalgia, neck stiffness, synovitis, tendinitis; ***Platelet/bleeding or clotting):*** Ecchymosis, epistaxis, thrombocythemia; ***Psychiatric:*** Anorexia, appetite increased, depression, nervousness, somnolence; ***Hemic:*** Anemia; ***Respiratory:*** Bronchitis, bronchospasm, bronchospasm aggravated, coughing, dyspnea, laryngitis, pneumonia; ***Skin appendages:*** Alopecia, dermatitis, nail disorder, photosensitivity reaction, pruritus, rash erythematous, rash maculopapular, skin disorder, skin dry, sweating increased, urticaria; ***Application disorders:*** Cellulitis, dermatitis contact, injection site reaction, skin nodule; ***Special senses:*** Taste perversion; ***Urinary system:*** Albuminuria, cystitis, dysuria, hematuria, micturition frequency, renal calculus, urinary incontinence, urinary tract infection; ***Vision:*** Blurred vision, cataract, conjunctivitis, eye pain, glaucoma.

**Other serious adverse reactions which occur rarely (estimated <0.1%), regardless of causality:** The following serious adverse events have occurred rarely in patients taking CELEBREX. Cases reported only in the post-marketing experience are indicated in italics. ***Cardiovascular:*** Syncope, cardiac arrest, heart failure, ventricular fibrillation, pulmonary embolism, cerebrovascular accident, peripheral gangrene, thrombophlebitis, *vasculitis;* ***GI:*** Intestinal obstruction, intestinal perforation, gastrointestinal bleeding, colitis with bleeding, esophageal perforation, pancreatitis, ileus; ***Liver and biliary system:*** Cholelithiasis, *hepatitis, jaundice, liver failure;* ***Hemic and lymphatic:*** Thrombocytopenia, *agranulocytosis, aplastic anemia, pancytopenia, leukopenia;* ***Metabolic:*** *Hypoglycemia;* ***Nervous system:*** Ataxia, suicide; ***Renal:*** Acute renal failure, *interstitial nephritis;* ***Skin:*** *Erythema multiforme, exfoliative dermatitis, Stevens-Johnson syndrome, toxic epidermal necrolysis;* ***General:*** [illegible] sudden death, *anaphylactoid reaction, angioedema.*

### OVERDOSAGE

Symptoms following acute NSAID overdoses are usually limited to lethargy, drowsiness, nausea, vomiting, and epigastric pain, which are generally reversible with supportive care. GI bleeding may occur. Hypertension, acute renal failure, respiratory depression and coma may occur, but are rare. Anaphylactoid reactions have been reported with therapeutic ingestion of NSAIDs, and may occur following an overdose. Patients should be managed by symptomatic and supportive care following an NSAID overdose. There are no specific antidotes. No information is available regarding the dialysis of celecoxib by hemodialysis, but based on its high degree of plasma protein binding (>97%), dialysis is unlikely to be useful in overdose. Emesis and/or activated charcoal (60 to 100 g in adults, 1–2 g/kg in children) and/or osmotic cathartic may be indicated in patients seen within 4 hours of ingestion with symptoms or following a large overdose. Forced diuresis, alkalinization of urine, hemodialysis, or hemoperfusion may not be useful due to high protein binding.

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# buying guide

ome of the products shown editorially *Better Homes and Gardens®* maga- ne can be obtained locally. For more formation, contact the manufacturers sted below.

**ndow Add-Ons**

**ge 23: bifold doors**—any building supply store. **Sheer rtain panels,** 730 9511C (Cream/Taupe)—J.C Penney; 0 222 6161; www.jcpenney.com. **Dining chair,** Calaman— r 1 Imports; 800 447 4371; www.pier1.com

**ge 24: sheer curtain panels,** 731-2697 (Sun Yellow)—J.C nney; 800 222-6161; www.jcpenney.com. **Flip-top table—** ate & Barrel; 800 323 5461; www.crateandbarrel.com. **ning chairs,** Kyoto; Pier 1 Imports; 800 447 4371; ww.pier1.com. **Glass pitcher**—Restoration Hardware; 8/243 9720; restorationhardware.com. **Bamboo place ats**—Pier 1 Imports; 800 447 4371; www.pier1.com

**ge 26: tie-top panels,** 731 507803 (Natural)—J.C Penney; 0 222 6161; www.jcpenney.com. **Paint** (Candle Glow)— herwin Williams; 800 474 3794; www.sherwin-williams.com. **oden pole rod**—Springs Window Fashions Division, Inc., ddletown, WI 53562 1096; or check on the Internet at ww.windowfashions@springs.com

**ge 30: threaded rod and nuts,** Redi Shade—Home Depot; ww.homedepot.com

**et Wired**

**ages 32–38: all items**—antique, discontinued, or personal elongings

**llowscaping**

**ge 40: pillows**—The Company Store; 800/285-3696; ww.thecompanystore.com.

**ge 42: floral bed linen,** Central Park Flannel; **striped bed en,** Chalk Stripe Flannel; **plain cotton bed linen,** English otton Flannel (dove gray)—Garnet Hill; 800/622-6216; ww.garnethill.com

**ge 44: bed linens; black toile; spread and shams,** William nd Mary Haywood (Ivory)—Cuddledown of Maine; 800/323- 793; www.cuddledown.com.

**ge 46: bed linens,** Elsbeth; **table lamp and shade**—Laura shley Home; 800/367-2000; www.laura-ashleyusa.com.

**ge 48: Battenberg bed linens**—linensource; 800/431-2620; ww.linensource.com

**able Grace**

**ages 50–56: all items**—antique, discontinued, or personal elongings.

**ecorating Shop™**

**ge 60: Three Cheers For The Red, White, and Blue Sampler** t—Banar Designs, 431 S. Main, Fallbrook, CA 92028

**ge 61: No-Sew Snowfolk Ornaments Kit; Mini Stockings rnaments Kit; Mini Mittens Ornaments Kit**—Banar (address bove).

**resh-Angle Kitchen**

**ages 64–66: custom cabinets**—San Diego Countertops nd Cabinets, 4360 Moreno Blvd., San Diego, CA 92117; 58/270-2834. **Green goblets**—The Silver Skillet, 2690 Via de a Valle, Del Mar, CA 92014; 858/481-6710. **Refrigerator, ange, ovens,** "Profile"—GE Appliances, GE Answer Center; 00/626-2000. **Microwave**—Sharp Electronics Corp., Appli- nce Div., Sharp Plaza, Mahwah, NJ 07430-2135; 800/237- 277; www.sharp-usa.com. **Sink fixture**—KWC Faucets Inc., 1770 Corp. Dr., Norcross, GA 30093; 888/592-3287; www.kwcfaucets.com. **Dishwasher**—Bosch, 5551 McFadden ave., Huntington Beach, CA 92649; 800/866-2022; www.boschappliances.com. **Custom stone flooring, granite countertops**—Stones Unlimited, 8400 Miramar Rd., Ste. 140, San Diego, CA 92126; 858/693-8182. **Custom gran- te fabrication**—Frank Sciarrino, 7010 Carroll Rd., San Diego, CA 92121; 858/455-0030. **Lighting**—La Jolla Lighting, 5640 La Jolla Blvd., La Jolla, CA 92037; 858/459-2651. **Source of appliances**—Standards of Excellence, 2620 Financial Ct., San Diego, CA 92117; 800/346-5345; www.standardsofexcel- lence.com. **Kitchen sink**—Kindred Industries, P.O. Box 190, Midland, Ontario L4R 4K9, Canada; 888/530-7406; www.kindred-sinkware.com. **Italian oil/vinegar cruets and related pottery,** "Raphael"—Deruta/French Garden Shoppe, 3951 Goldfinch St., San Diego, CA 92103; 619/456-3961. **Bar stools**—Saddleback of San Diego, Patio and Fireside, 7371 Clairemont Mesa Blvd., San Diego, CA 92111; 858/292-7385. **Piece mats, napkins, plates, salad bowl, decorative plates on**


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**stands, green glass pitcher**—Pier 1 Imports; 800/447-4371; www.pier1.com. **Area rug with black banding**—Pottery Barn; 800/922-5507; www.potterybarn.com.

**Before-and-After Porch**

**Pages 70–72: wicker porch swing and rocker**—Cebu Furniture; www.cebufurniture.com. **Wooden rocker chairs,** "Tyndall Creek"—Storehouse; for store locations call 888/786-7346. **White cafe table and chairs**—Kmart; for store locations call 800/635-6278. **Yellow table, wicker baskets, syrup cans, water can, birdhouse, plant stand**—antiques.

**Entry Upgrades**

**Page 76: wicker chairs**—Pier 1 Imports; 800/447-4371; www.pier1.com. **House paint** (White); **trim paint** (Night Mission)—Miller Paint Co., 12812 NE. Whitaker Way, Portland, OR 97230; 800/852-3254. **Planter containers**—local nurseries.

**Page 78: walkway light,** "KCK15222"—Kichler Lighting, 7711 E. Pleasant Valley Rd., Cleveland, OH 44131-5552; 800/659-9000. **Custom pergola**—Carolyn D. Geise, FAIA, Geise Architects, 81 Vine St., Ste. 202, Seattle, WA 98121; 206/441-1440.

**Page 80: landscape**—Watrous Plantation Tree Farm and Landscape Co., 12351 Iowa Rd., Fort Meyers, FL 33908; 941/466-0010. **Small plant material**—Florida Sun Garden and Landscaping, 1004-135th St. NE, Bradenton, FL 34202; 813/228-8000. **Custom doors**—Shutter Shop, 5620 Sara Ave., Sarasota, FL 34233; 941/924-7616. **Doorknob**—Schlage Lock Co., Customer Service, 14505 W. 100th St., Lenexa, KS 66215; 888/805-9837; www.schlagelock.com. **Wicker chair,** "Philippine Princess"—Wicker and Rattan Fine Furniture, 3778 E. Grant Rd., Tucson, AZ 85716; 520/323-1981.

**Page 82: transoms, French doors, and sidelights**—James F. Lutes Construction, Inc., 1071 Guizot St., San Diego, CA 92017; 619/225-0822. **Stone flooring**—Stones Unlimited, 8400 Miramar Rd., Ste. 140, San Diego, CA 92126; 858/693-8182. **Table**—Wood Classics, 20 Osprey Lane, P.O. Box 291, Gardiner, NY 12525-0291; 914/255-7871. **Basket**—Pier 1 Imports; 800/447-4371; www.pier1.com. **Rug**—Pottery Barn; 800/922-5507; www.potterybarn.com. **Door hardware**—Baldwin Hardware Corp., P.O. Box 15048, Reading, PA 19612-5048; 800/566-1986.

**Casting Shadows**

**Pages 84–92: temple sculpture and bell**—Kyoto Gardens Landscaping, 1207 SW. Nevada, Portland, OR 97219; 503/452-7862. **Bronze pot on deck and baskets**—Tuesday Morning, Inc., 14621 Inwood Rd., Addison, TX 75001; 800/457-0099; www.tuesdaymorning.com. **Light fixtures and gate hardware**—Rejuvenation Lamp & Fixture Co., 2550 SW. Nicolai St., Portland, OR 97210; 888/401-1900; on the Web at www.rejuvenation.com. **Pottery fountain ball**—Kasch's Nursery; 503/661-5020. **Pot on bench, table, pot and teapot on table, blanket, pillow, sham**—homeowner's collection.

**Gardener's Almanac**

**Pages 108–114: Graham Thomas rose**—David Austin Roses, 15393 Hwy. 64 W., Tyler, TX 75704; 903/526-1800; catalog $5. **Aconitum, Thalictrum**—Milaeger's Gardens, 4838 Douglas Ave., Racine, WI 53402; 414/639-2371; catalog $1. **Astilbe**—White Flower Farm, P.O. Box 50, Litchfield, CT 06759; 800/503-9624; free catalog. **Cimicifuga**—Busse Gardens, 17160-45th Ave., Big Lake, MN 55309; 800/544-3192; catalog $3. **Lilies**—Old House Gardens, 536 W. Third St., Ann Arbor, MI 48103; 734/995-1486; catalog $2. **Lychnis**—Park Seed Co., Cokesbury Rd., Greenwood, SC 29647-0001; 864/223-7333. Free catalog. **Daisies**—Niche Gardens, 1111 Dawson Rd., Chapel Hill, NC 27516; 919/967-0078; catalog $3. **Erfurt rose**—Antique Rose Emporium, 9300 Lueckemeyer Rd., Brenham, TX 77833 800/441-0002; catalog $5. Chamblee's Rose Nursery, 10926 Hwy. 69 N., Tyler, TX 75706; 800/256-7673; free catalog.

**The Everything Garden**

**Pages 139–146: Guizhou artemisia**—Plant Delights Nursery, 9241 Sauls Rd., Raleigh, NC 27603; 919/772-4794; catalog $3.20. Collector's Nursery, 16804 NE. 102nd Ave., Battle Ground, WA 98346; 360/574-3832; catalog $2. **Gold catalpa**—Arborvillage Nursery, P.O. Box 227, Holt, MO 64048; 816/264-3911; catalog $1. **Etoile Violette clematis**—White Flower Farm, P.O. Box 50, Litchfield, CT 06759; 800/503-9624; free catalog.

**In a Family Way**

**Pages 150–151 (*left*): lamp, draperies**—Annie Moore Design Studio, 12 Rue Mandar, Paris, France. (*Right*): **curtain rod, sisal rug**—Pier 1 Imports; 800/447-4371; www.pier1.com. **Table**—Fay's Side Porch, 4129 MacDill Ave., Tampa, FL 33611-1936; 813/805-2770. **Coffee table**—Lexington Home Brands, 800/539-4636; www.lexington.com.

**Pages 152–153 (*left*): spice containers**—IKEA Home Furnishings; 800/434-4532; www.ikea.com. **Baskets on counter**—Pier 1 Imports; 800/447-4371; www.pier1.com. **Sink skirt**—Annie

continued on page 229


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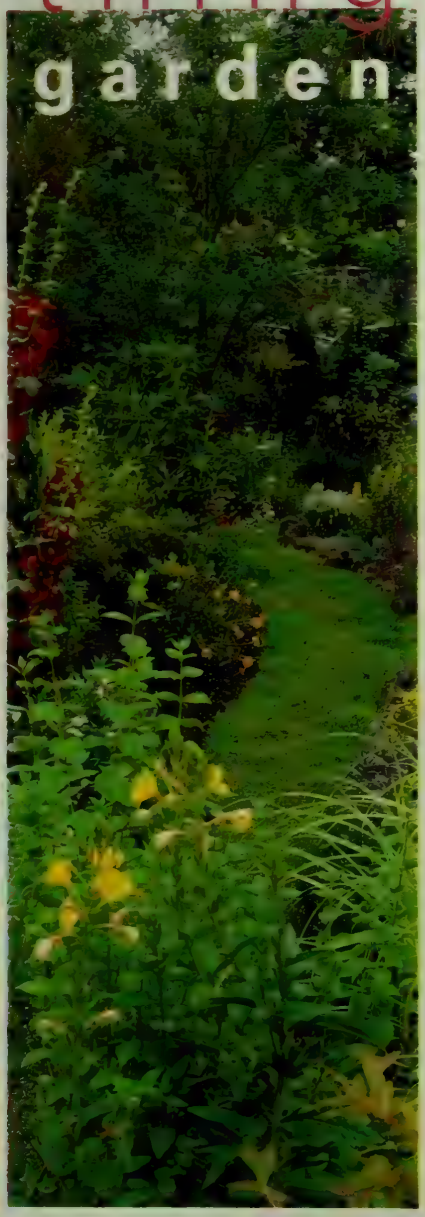
y Craig Summers Black

# the everything garden



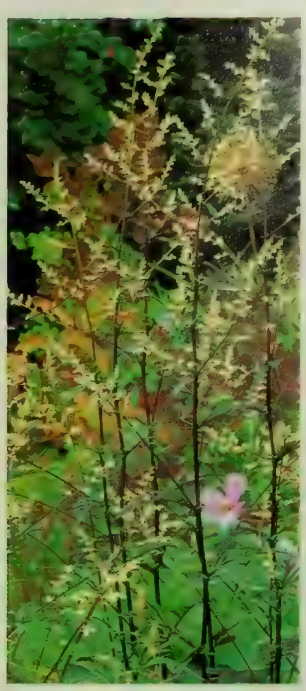






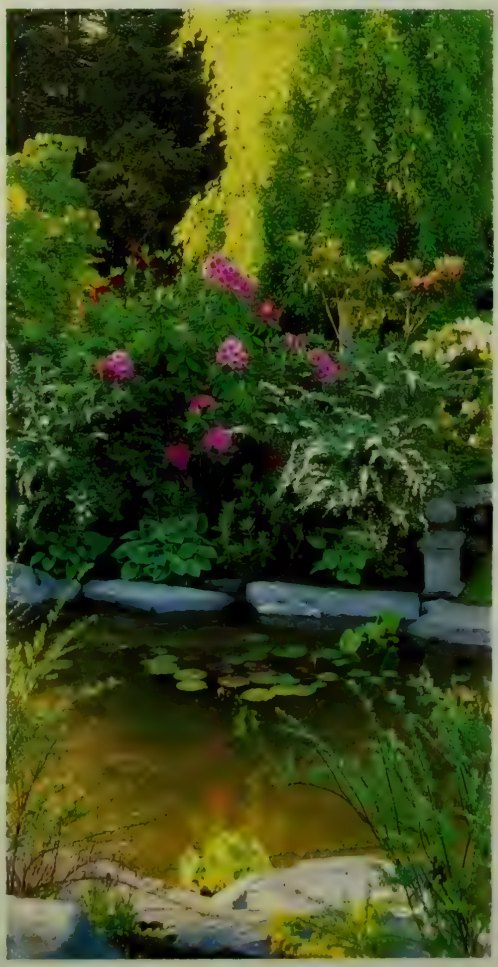
To a certain subspecies of suburbanite, gardens mean everything. To these committed souls, a garden is a place to play, to relax, to reflect, to (in the lexicon) *whatever*. And so that's what Dolores Cavanah has included in her garden—everything.





To understand Dolores' passion for gardening, first you must picture this: Dolores is a woman who left Hawaii after 30 years because "gardening there got to be very boring." So she moved to the Pacific Northwest—the agricultural area of Montesano, Washington, to be exact—where gardening is "more interesting, more fun, more challenging." And although Dolores built her new home on a large acreage, she gardens (at this point anyway) in an area around the house about the size of a large suburban lot. And in this space she has integrated just about everything you can envision in your landscape: water features, perennial beds, seating areas, a rose garden, a vegetable garden, vine-covered arbors...well, there's more (and she has plans for even *more*). But let's start with that





**The deck.** From here (*above*), Dolores can look down on her two ponds and waterfalls, as well as the vibrant mixed shrub and perennial gardens that embrace them. Guizhou artemisia flower spikes (*top*) veil a view of the garden.



**Stonework.** Granite boulders have been placed to serve several functions: as retaining walls in raised beds and terraces, as steps wide enough for two to walk abreast, as stepping-stones in paths, as coping around water features, and as sturdy footing to display garden art. Plantings in strategically placed nooks and crevices soften the look of the massive rock.





**Beds and borders.** A grassy path out front weaves through a tiered tapestry of flowers and foliage. An ornamental beeskep made of twigs (*lower right*) acts as a signal of something ahead: Across the turf lies the stone walkway to the front door. This is the site of Dolores' first garden at her new home—a vegetable patch.





"I've always been a gardener," Dolores says, and it's easy to believe her. "But it's not that I've had any formal training," she says, and it defies belief. "I just do what I think is going to work. I'm inspired by othe people's gardens, from garden tours, from reading book You can always learn something."

So you shouldn't be surprised that Dolores' first garde here was misplaced. She put her vegetable garden right out side the front door. And why not? It was handy. That laste two seasons. "Then I started expanding the garden, an realized that space was too important for vegetables." So th veggies were shoved aside—still, interestingly, out front, bu in an out-of-the-way spot—and a richly layered perenni garden was created, flowing from the road right up to th front door. And how was such a multifaceted interplay o color, texture, and silhouette designed? "It just sort o evolved," she says. "Everything in the entire garden i always moving, changing, adding, subtracting, multiply ing, and dividing. There are always opportunities to creat interesting designs. I can keep doing this forever."



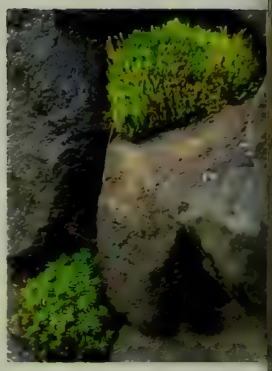


**Garden seating.** Twig chairs on the deck (*right*) offer one of several opportunities to relax and enjoy. Dolores finds spots for ornaments, such as a birdbath (*above*), throughout the garden. A catalpa (*top left*) and clematis (*top right*) lend color.



**Vegetables.** Fencing made of fallen trees from her property is laced with deer netting to protect the oval production garden. Dolores shares produce with her family, and she makes a sea of soups.





Dolores created her gardens so that they could be seen from the many windows of her house on cool or drippy days. But the view is probably best from her large deck overlooking the ponds, and outside is where she likes to be. "Once I was settled into my house and I got everything I needed for the interior, I didn't have room for anything else. Then I began on the garden," she says. "This is my creative outlet. I can keep on adding things here, like garden objects and furniture."

And so bent-twig chairs are found "just driving by a funky little store." Metal scrollwork is snapped up in an antiques shop. A coveted arbor vanishes from a storefront window and its creator is tracked down. Storm-felled trees become garden art. A cut-glass Victorian doorknob gets placed on a rustic garden gate. And through it all, Dolores repairs her ponds, clears rock, replaces rock, makes pickles and hot pepper jelly, freezes corn, cans creamed corn, and sometimes plants flowers long past dark, and still she finds that she enjoys absolutely...everything.

Buying information, page 137



**Water, water.** The garden's water features are accented everywhere with artwork, seating, and even a bridge (*above*). A series of paths lets guests view the large cascade (*right*) from several vantage points, even above. Says Dolores, "The whole pond area was a big, huge, wonderful ongoing project."

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# in a family way







by
Catherine Kramer
and
Sharon L. Novotne

Soul mates pop up in unexpected places. Artist and designer Annie Moore bumped into her future husband, Colin, on a crowded train in Paris. Three children later, as the couple was house-hunting in Tampa, she fell in love again. "When I saw this house, I saw a French cottage. It wasn't in the Florida vernacular," Annie recalls. Despite its "fish out of water" looks, Annie and Colin saw what they could make of it: A home that would expand and grow as their family did.

"Houses are living entities to us," Annie says philosophically. "Each is different, and we want to do what's right for it." Doing "what's right" for their long-vacant 1937 brick cottage meant resurrecting it structurally. Then they stocked it with serene colors; well-traveled accents; and a charmed mix of fun, refined, and sentimental pieces—such as the reclad antique chaise (*above, left*) that had been their first "guest room" in a tiny newlywed apartment.





With his-and-her tools and 5-month-old daughter Lily in tow, the Moores started renovating minutes after closing on the house. White oak floors beneath moldy shag carpet were refinished. Original, painted-shut iron casement windows were scraped clean. "I'm crazy about good windows. These remind me of Europe and add so much atmosphere," Annie says. To age the stage, they replaced millwork and glazed the walls to mimic old plaster.

Annie's decorating style is more casual than studied. But the results are successful because of the mix of complementary elements: Clean-lined upholstery lets shapely case goods shine, such as the metal side chair (*above*). Color-washed walls are a jazzy backdrop for the neutral fabrics that dress the furniture. And unscripted accents, such as the birdcage on the coffee table, loosen up the ordered room arrangement.

From her airy home office against the living room's bay window (*left*), Annie can watch the children playing outdoors. She works at a leggy table that served the cappuccino crowd at a French bistro in a past life. Annie hangs her artwork in every room, and wants her kids to do the same. Lily has decorated the underside of the coffee table (*above*). "It's like the Sistine Chapel under there," Annie says, laughing. "Lily's a little Michelangelo."



"Rabbit warreny" spaces—a kitchen, two pantries, and a breakfast nook—were merged into a farmhouse-style kitchen where the family cooks up vegetarian favorites. Annie and Colin splurged on custom cabinets, but the countertop is rescued wood flooring. A French home inspired the textured wall finish. "We threw a bale of hay into drywall mud and troweled it on," she says. "We had hay sticking out all over, so I went back with a scraper and gave it a trim." What Annie designs, Colin, a chiropractor, builds. To squeeze a table for five into the kitchen's tight dining corner (*opposite, top*), he built in a bench.

For the kitchen (*above*), Annie designed glass-doored upper storage to look like "something I found in an old drugstore." She left some of the lower cabinets doorless and skirted them. The wall art is framed pages from a European cookbook.



Annie edged "too traditional" dining room draperies (*below*) in a fuchsia ruffle just for fun. The bird's nest chandelier adds another touch of whimsy. Vintage French tea towels over the dining chairs are from "somebody's trousseau collection," she says.

New chairs and an old garden table (*above*) give the small master bedroom a luxurious reading spot. Annie added sea grass carpet and natural fabrics because "when you have a lot of white and beige, you have to add some texture or it gets bland," she says.

Scavenger hunts in local shops yielded the master bath's charm: The sink (*right*) came from a salvage yard. Swing-arm curtain rods give the window a grand look, while letting in light. Annie brushes Lily's hair (*far right*).







Old and new fabrics give a romantic aura to the bed. Annie found the linens in France, and stitched the bed curtains and draperies from clearance-table fabric. A local craftsman made the armoire that incorporates antique doors.

What Colin calls "all Annie" style is really a melting pot. As an artist and photo stylist in Paris, she observed an elegance and a reverence for the past in French homes. After marriage, the couple moved to Colin's home in Capetown, South Africa, where Dutch and French influences inspire minimalist interiors with big, bold accents.

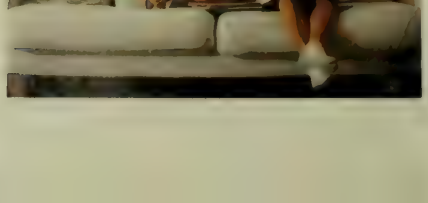
Although the design inspiration of their Florida home is scattered, the overriding theme is not. "It has to be pretty, and it has to be serene," Annie says. "I find life is hectic enough. It's nice to come to a house that's serene."

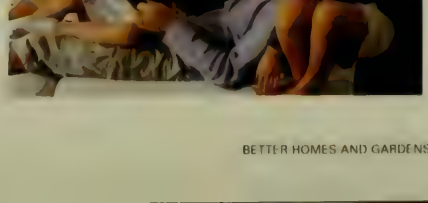




While tending to careers and their children—Lily, 6, Nikolas, 8, and Jackson, 11—Annie and Colin patiently renovated the cottage room by room. "Some of the ideas we didn't have until we'd lived here for a year," Annie says.

Although the children have grown up respecting antiques and no space is off-limits, their parents decided to give them a retreat of their own. "You go where th house takes you," Colin says. So they headed for the attic which consisted of storage and a huge ventilation fan. B deleting walls and adding new drywall and dormers, the opened it up into a sunny sleep-and-play suite with easy care fabrics and a minimalist Scandinavian spirit.









On one end, Lily has her own space (*not shown*), and on the other end, the boys ink together (*above, right*). The bath is in the middle of the room (*above, center*), well as a common play area (*above, left*) that is defined by built-in shelves r games and books. From Annie's designs, Colin handcrafted much of the press furniture, including the boys' bed frames, headboards, footlockers, and ghtstand. "Each project is a creation," Colin says. "No two are alike."

Upholstered headboards and wall-mounted lights make the boys' beds (*above, right*) comfy for reading and homework. Colin and the boys read on the canvas-covered sofa (*below*). Muted red, gray, and blue tiles in the bath (*above, center*) are from a tile salvage company.







The Moores' cottage sits on a quiet street canopied in gnarled live oaks and filled with children, joggers, and evening strollers. "It's like when [Colin and I] were growing up," Annie says. "People just drop by."

At first, the backyard was a pile of propane tanks, broken concrete steps, and a lone avocado tree—until Colin came to the rescue. The back porch was inspired by tropical porches the family had seen on a British Virgin Islands vacation. "Once we built that, it completely redefined the house," he says. Colin also turned the grassless backyard into an outdoor living/dining room with a floor of salvaged brick.

"I love this house. Inside our home, we have a completely different life than we have outside the gate. It's very relaxed," Colin says.

Buying information, page 137





Cushions and pillows on the porch's wicker daybed (*above, top*) are slipcovered i vintage fabrics. An old cup rack holds garden tools that are mostly just for show. Steppin into the backyard (*above, bottom*) is like being whisked away to Provence. Colin built th rustic table, and Annie found the painted chairs for this idyllic "room."

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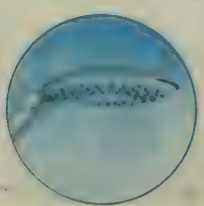



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# Hassle-Free Hideaway

by William L. Nolan

**Dodging the rat race** needn't require a long trek to far-flung resorts in the tropics or the north woods. For New Yorkers Pat and Tom O'Neill, getting away from it all is a much simpler matter. The no-frills, no-hassle vacation cottage they built recently lies just an hour down the road in Saltaire, a hamlet on Fire Island near the south shore of Long Island.





Life at Pat and Tom O'Neill's beach house (*above*) includes coaster-wagon shopping trips to the general store with son Will, 10, along the island's boardwalk (*left*).

"We wanted a low-maintenance house—

### Simple and casual

Pat, an architect, designed the house. Even before she and Tom purchased the lot, they knew what kind of house they wanted. "It had to be simple and casual," says Pat, "with one big gathering space. And we wanted a low-maintenance house—no clutter or fussy detailing to take care of."

In plan, the house is a simple rectangle, with half the main floor devoted to a spacious living/dining/kitchen area. Two bedrooms, two baths, and a mudroom occupy the other half, and a center staircase leads to sleeping/play space in the attic. For a crisp, clean look, the O'Neills chose simple finishes and furnishings.

To order plan, see page 74




tter or fussy detailing to take care of."




A gently curved counter caps the island, offering perches for snackers and cook's helpers. Edging on the laminate top repeats the warmth of oak flooring underfoot. To temper the mostly white scheme, Pat dressed the backsplash with a ban of sailboat tiles—a custom design that she and Will create The same motif frames the fireplace in the living area.

in one area and the kids can eat in the other."



### Island-centered plan

An island work center/ snack bar anchors the main room, defining the kitchen while channeling traffic around the work triangle. Beyond, sliding doors and big windows capture sunny glimpses of the sea through a grove of pines.



### Easy crowd control

When the whole clan comes to visit, there's plenty of dining space for everyone. Pat and Tom just throw open the sliders to the rear deck, merging the outdoor and indoor dining areas.





Because the rooms are small, Pat relied on a white-on-white scheme to make them look bigger. For the master bedroom (*left*), she found a bed at a tag sale and had it sprayed white by an appliance refinisher. Slate tile provides slip-resistant footing in the master bath (*below*).

## "We had to make decisions quickly, so I k



### Private places

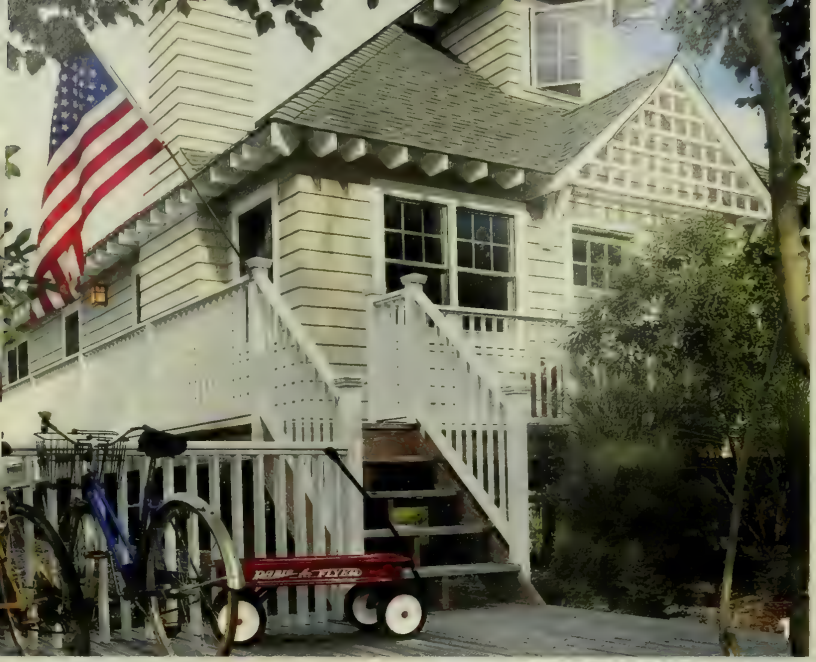
Although the house con tains only 1,100 square feet there's no shortage of pri vate places. The main-floo bedrooms are buffered from the living areas by closets, bathroom, and the staircase and each bedroom is served by a full bathroom. Like the living areas, these rooms are appointed sparsely for easy upkeep.

### Room at the top

There's ample getaway space upstairs too. "W designed the attic with two ideas in mind," says Pat, "a a place to sleep and as playroom for the kids. So there's no need to vie fo TV or conversation right when everyone settles in fo the evening."



choices simple—white, white, white."



### This old-new house

Another key design objective was to replicate the character of other cottages nearby, many of which were built in the 1920s. Pat carefully studied the details and proportions on these earlier structures, and measured shingle exposures, window and door casings, and roof overhangs. She also borrowed such features as exposed rafter tails and eave brackets. Her efforts won high praise from the community. "The best comment I received," she says, "was when someone asked me, 'Who renovated your old house? It looks great!' "













**1.** Shingle siding, a latticed gable, and a wraparound deck extend a warm welcome out front. **2.** Chair rails formed with stock moldings supply display space for pieces of colored glass the family finds during walks along the beach. **3.** An outdoor shower on the rear deck keeps sand from being tracked indoors. **4.** Custom tiles in the border around the fireplace include a lighthouse motif that was inspired by the Fire Island lighthouse. **5.** The porch light has a handcrafted look.

Buying information, page 229



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# SUMMER breeze

Do the numbers: 14 easy recipes, 5 ingredients (or fewer!)—all of them guaranteed to deliciously multiply your time, adding up to a summer that's 100 percent fun.

by Richard Swearinger



three-corner chicken salad

Recipe on page 188



# peach basil delight

Select eight ripe, great-smelling **peaches** or nectarines. Chop up two peaches and boil them gently, uncovered, in about 1 cup **sweet white wine**. Toss in a handful of torn **fresh basil** and cook until the sauce is just thickened, say 12 to 15 minutes. Remove the basil and blend. Halve the remaining peaches and serve with the sauce and some snipped basil. Serves 4.

# blt steak

Grill a pair of 12-ounce, 1¼-inch-thick beef top loin **steaks** until medium rare (14 to 18 minutes; for medium, add 4 minutes). While those sizzle away, fry eight slices of bacon. Drain off all but a tablespoon of fat. Add ½ cup **bottled balsamic vinaigrette** salad dressing to the skillet. Cook and stir about a minute, scraping up any browned bits. Halve the steaks, then top each with **tomato** slices, the **bacon**, some mixed **greens**, and a splash of dressing from the skillet. Serves 4.











If you haven't done it already this season, dig out your blender, mix a fruity smidge of this and a tart dash of that,

## mosaic cooler

and blend away. We used 1 cup chilled bottled **piña colada mix**, 1 cup **ice**, ¼ cup **light rum**, and 1 tablespoon **lime juice**. Pour it into a pitcher you've filled with the peeled, seeded, and coarsely chopped **fruits** of your choice. Then pass out the straws and long-handled spoons. Serves 4.

Peel, section, and coarsely chop an **orange**. Toss (gently) with about

## icy shrimp cocktail

20 cooked, peeled, and deveined large **shrimp**, an egg-sized heap of snipped **cilantro**, and a little salt and pepper. Chill. Serve with extra orange wedges; **green olives**, skewered if you wish; and **hot pepper sauce**. Serves 4.





Toss 4 cups cooked **potato cubes** in a dressing made from

# e & thyme potato salad

⅓ cup **mayonnaise**, ¼ cup dairy **sour cream**, ½ teaspoon finely shredded **lime peel**, and the juice of a lime. Stir in 1 tablespoon of snipped fresh **thyme** and ¼ teaspoon each of **salt** and **pepper**. If salad seems too stiff after chilling, stir in a splash or two of milk. Serves 4.



# ginger-tomato salad

...ns **rice vinegar**, 1 tablespoon finely minced fresh ...**inger**, 1 tablespoon **honey**, and ⅛ teaspoon **salt**. Toss gently with 2 cups cherry or grape **tomatoes**. Chill 1 to 4 hours. Serves 4.

Brush a 2½- to 3-pound roasting **chicken** with a mixture of 1 tablespoon **cooking oil** and 2 cloves minced **garlic**. Sprinkle with salt, freshly ground black pepper, and 1 teaspoon dark roast ground **coffee**—(that's right, coffee

# garlicky grilled chicken

adds an intriguing crunch). Grill, covered, over indirect coals or gas for 1 to 1¼ hours until chicken is no longer pink and a meat thermometer registers 180° to 185° F. Serves 4.





For this "can't-stop-eating-it" dip, combine in a saucepan: 5 cups torn **spinach**; one 15-ounce can **chickpeas (garbanzo beans)**;

# wind-down dip

about 2 tablespoons of the liquid from the can; 3 tablespoons **olive oil**; 2 cloves minced **garlic**; and ¼ teaspoon **salt**. Cook over medium heat for 5 minutes. Cool. Blend until smooth. Serves 6.



## ginger beer float

Into your tallest, jolliest glass pour ¼ cup **pineapple juice** straight from the fridge. Plop in 2 small scoops of pineapple-coconut or vanilla **ice cream**, then pour in about half of a 12-ounce bottle of **ginger beer**. Serves 1.





continued on page 18

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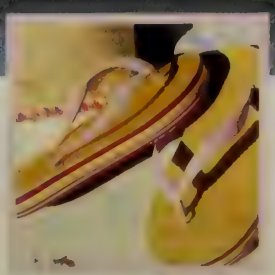


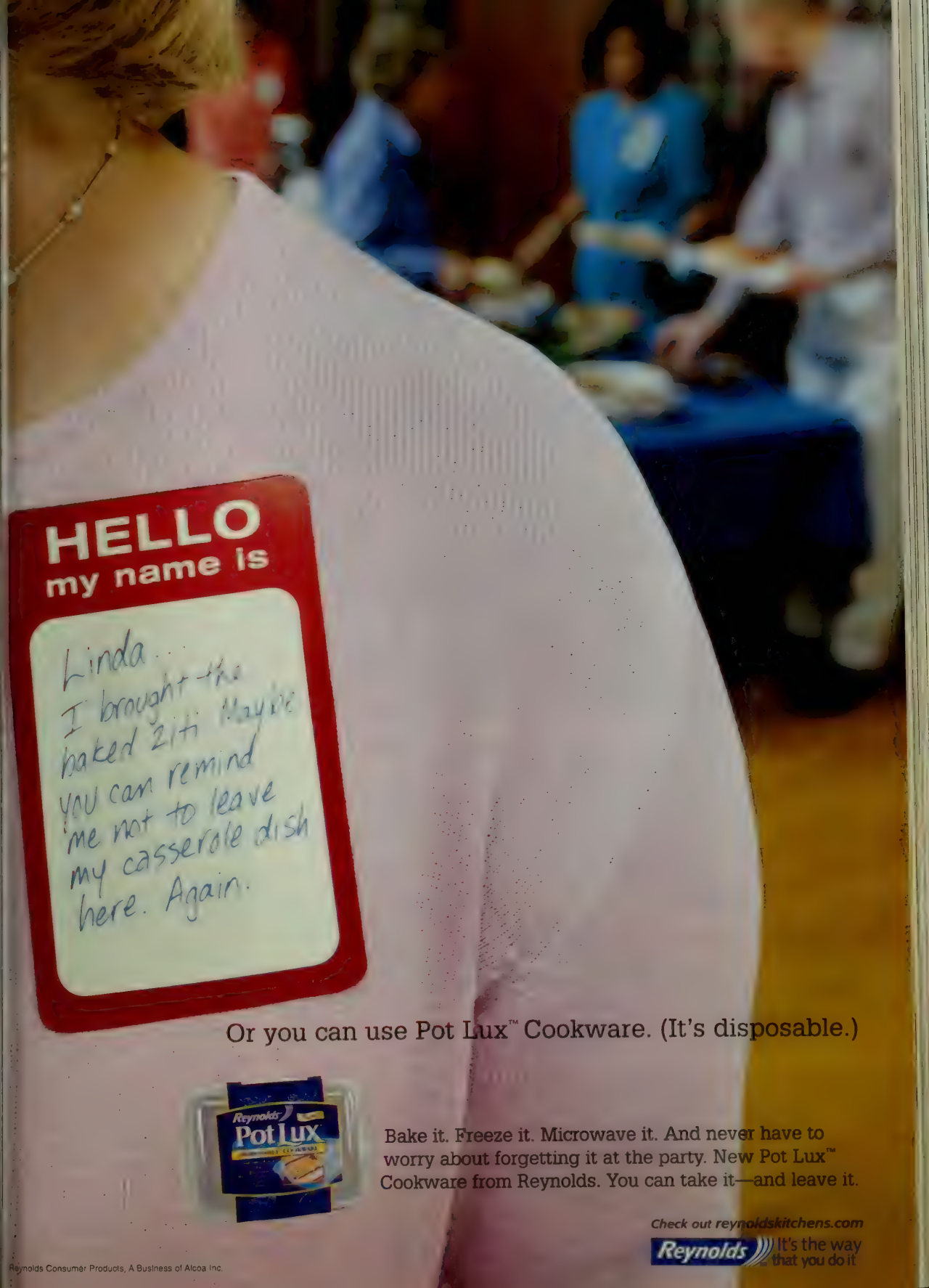
# banana split trifle

Ready, set, go. On you counter, set out four glasses **hot fudge** and/or strawberr preserves; four soft-styl **chocolate chip cookies** and two **bananas**. You'll als need a container of tin roo sundae, chocolate chunk, c vanilla **ice cream** that's bee stirred just enough to soften Crumble the cookies, slice th bananas into chunks, and laye the ingredients in this order i each glass: cookies, ice cream and sauce. When you get t the top, heap on whipped cream, bananas, and eve more sauce and crumble cookies. Cover and freeze u to an hour. Serves 4.

Nutrition facts per serving: 524 cal 23 g total fat (12 g sat. fat), 48 m chol., 161 mg sodium, 73 g carbo 3 g dietary fiber, 6 g protein. Dail Values: 14% vit. A, 21% vit. C 15% calcium, 7% iron.

continued on page 182






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continued from page 180



Portobello mushrooms (show
*below* with more traditional-size
relatives) are the titans of the fung
world. They may look exotic, bu
they are just a variety of brow
mushroom that has been allowe
to grow until its cap is three o
more inches wide.



# portobello pizzas

Clean and remove the stems from four **portobello mushrooms**. Brush both sides of caps with olive oil. Sprinkle with a little salt and pepper. Grill the caps, rounded side down, for 8 to 10 minutes with the lid on the grill until mushrooms are tender and hot; turn them once. While they cook, thinly slice a 4-oz. round of **Brie cheese** and set out ¼ cup of small fresh **arugula** leaves. When caps come off the grill, top them with cheese and arugula, drizzle with a little more olive oil, add a slice or two of tomato, and serve. (You can do the same trick in a 400° F oven for 8 to 10 minutes.)

Nutrition facts per serving: 181 cal., 16 g total fat (6 g sat. fat), 28 mg chol., 256 mg sodium, 5 g carbo., 1 g dietary fiber, 10 g protein. Daily Values: 8% vit. A, 10% vit. C, 6% calcium, 5% iron.

continued on page 184




## ZESTY COUSCOUS SALAD

**kage (10 oz.) NEAR EAST**
**:ous Original Plain**
·aspoon black pepper
espoons lemon juice
espoons olive oil
je tomatoes, chopped
dium zucchini, halved and
·ly sliced
up fresh basil, cut into
os
up green onions, sliced
up feta cheese, crumbled

1. Prepare Near East couscous according to package directions, except omit margarine or butter and add black pepper to water.
2. In large bowl, combine prepared couscous, lemon juice and olive oil. Add tomatoes, zucchini, basil and green onions. Chill 4 hours or overnight.
3. Stir in cheese just before serving. Serve over lettuce, if desired.

7 Servings (1-1/2 cups each)
Prep Time: 20 minutes. Cook Time: 5 minutes.
**More great recipes at www.neareast.com**




**NEAR EAST. A recipe for change.™**

continued from page 182

# cherry bruschetta



For this 10-minute appetize stir together 1 cup of coarsel chopped, pitted light o dark **sweet cherries** an 2 tablespoons **red or gree jalapeño jelly**. Moun mixture on slices of Frenc bread or leaves of butterhea or Boston lettuce. Top with little crumbled **blue chees** and sprinkle with a tablespoo or two of slivered **almonds**.

Nutrition facts per ¼-cup serving 79 cal., 2 g total fat (1 g sat. fat 3 mg chol., 53 mg sodium, 14 carbo., 1 g dietary fiber, and 2 protein. Daily Values: 5% vit. A, 6% vit. C, 3% calcium, and 2% iron.

continued on page 186



We were debating the best way to pit cherries before Nancy Byal, *BH&G*® executive food editor, won us over with her easy, low-tech method (*right, top*). Using a clean paper clip, slide the wide end of the clip into the cherry, feel around for the pit, and pop it out (don't wear white). A cherry pitter (*right, bottom*) also works well.


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continued from page 184



# fresh corn-rice salad

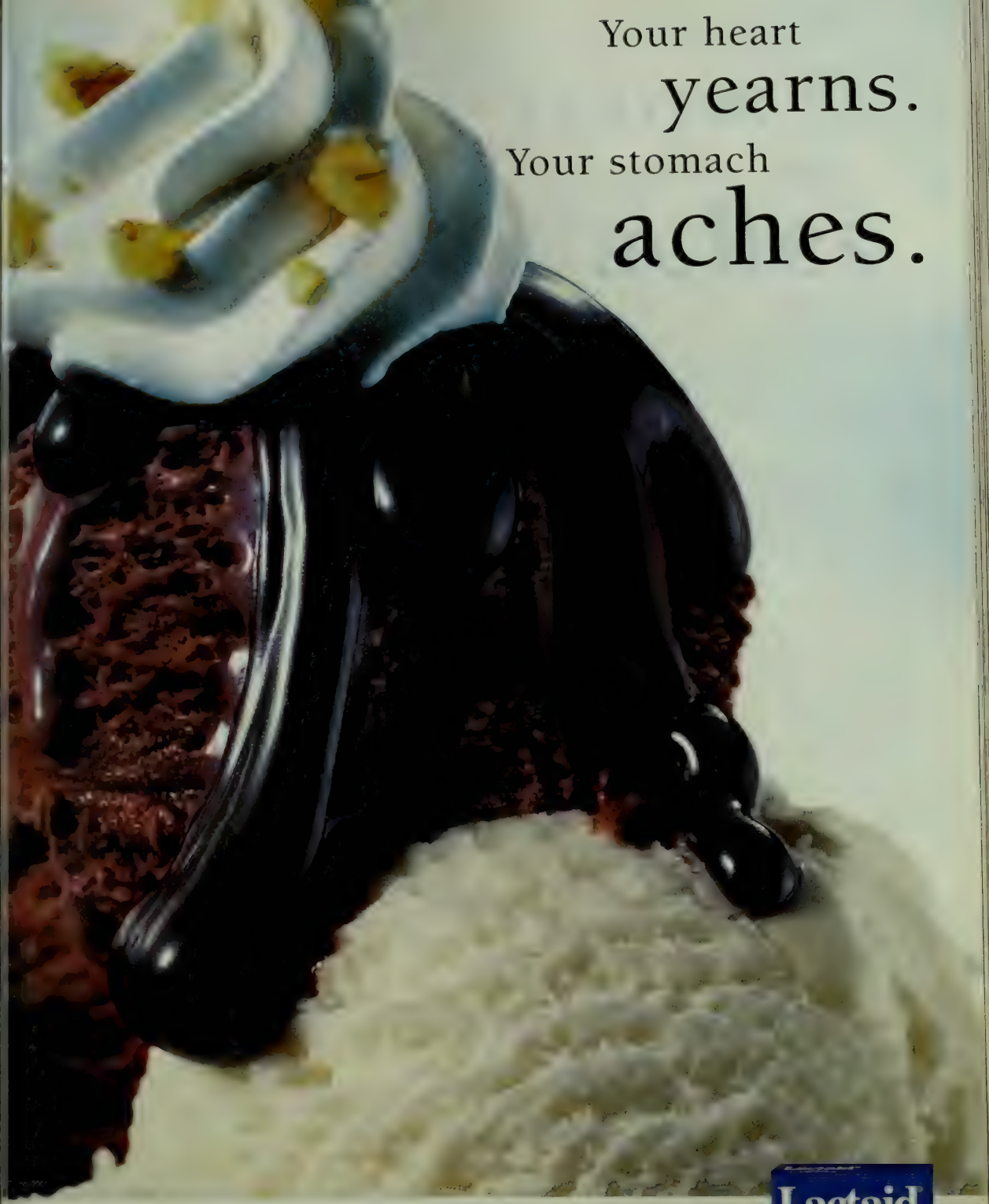
Start with four ears of **corn**. Husk them and remove silk with a stiff brush; rinse. Cut kernels from cob (you should wind up with about 2 cups of kernels). Cook corn, covered, in a small amount of boiling salted water for 4 minutes. Drain, then mix with 1½ cups cooked and cooled **rice**. Stir in one 10- to 14½-ounce can undrained **diced tomatoes and green chili peppers**. Serve at room temperature after you sprinkle top of salad with a few shreds of **radish** or chopped **red sweet pepper**. Serves 6.

Nutrition facts per serving: 123 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 332 mg sodium, 28 g carbo., 2 g dietary fiber, 3 g protein. Daily Values: 12% vit. A, 16% vit. C, 2% calcium, 6% iron.



To remove the corn kernels, hold the cob at the top and slice downward with a sharp knife. Repeat, turning cob until you've captured every kernel.

continued on page 188




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continued from page 186



# three-corner chicken salad

Preheat oven to 400° F. Remove packaging and unroll a 10-oz. package of refrigerated **pizza dough** on a cutting board. Shape into a 10-inch square, then cut into four triangles. Drape triangles over well-greased, inverted 10-oz. custard cups. Place cups on a shallow baking pan and bake for 15 minutes or until deep golden brown. Remove from cups; cool. Prepare a 9- or 10-oz. package of frozen cooked **chicken strips** as the package directs. Divide 6 cups torn mixed **salad greens** and the chicken among bread "bowls." Drizzle with your favorite salad dressing. Serves 4.

Nutrition facts per serving: 419 cal., 21 g total fat (4 g sat. fat), 43 mg chol., 1,333 mg sodium, 37 g carbo., 2 g dietary fiber, 21 g protein. Daily Values: 16% vit. A, 9% vit. C, 4% calcium, 14% iron.



To make the bread bowls for the salad, drape the triangles of dough over small—about 4 inches in diameter—oven-safe custard cups or bowls. Bake until golden brown.

**Nutrition facts for pages 172-178**

**Peach Basil Delight**
Nutrition facts per serving: 205 cal., 1
total fat (0 g sat. fat), 0 mg chol., 5 m
sodium, 35 g carbo., 5 g dietary fiber, 2
protein. Daily Values: 30% vit. A, 23% vi
C, 2% calcium, 3% iron.

**BLT Steak**
Nutrition facts per serving: 556 cal., 42
total fat (14 g sat. fat), 122 mg chol., 63
mg sodium, 5 g carbo., 1 g dietary fibe
38 g protein. Daily Values: 6% vit. A, 12
vit. C, 2% calcium, 17% iron.

**Mosaic Cooler**
Nutrition facts per serving: 134 cal., 0
total fat (0 g sat. fat), 0 mg chol., 58 m
sodium, 23 g carbo., 1 g dietary fiber, 0
protein. Daily Values: 0% vit. A, 53
vit. C, 1% calcium, 1% iron.

**Icy Shrimp Cocktail**
Nutrition facts per serving: 123 cal., 3
total fat (0 g sat. fat), 129 mg chol., 402 m
sodium, 6 g carbo., 1 g dietary fiber, 18
protein. Daily Values: 8% vit. A, 46% vi
C, 7% calcium, 12% iron.

**Lime & Thyme Potato Salad**
Nutrition facts per serving: 264 cal., 17
total fat (4 g sat. fat), 12 mg chol., 255 m
sodium, 23 g carbo., 3 g dietary fiber, 4
protein. Daily Values: 2% vit. A, 38% vi
C, 3% calcium, 7% iron.

**Ginger-Tomato Salad**
Nutrition facts per serving: 40 cal., 0
total fat (0 g sat. fat), 0 mg chol., 91 m
sodium, 9 g carbo., 2 g dietary fiber, 1
protein. Daily Values: 20% vit. A, 32% vi
C, 1% calcium, 6% iron.

**Garlicky Grilled Chicken**
Nutrition facts per serving: 200 cal., 12
total fat (3 g sat. fat), 66 mg chol., 110 m
sodium, 0 g carbo., 0 g dietary fiber, 20
protein. Daily Values: 0% vit. A, 1% vit. C
1% calcium, 5% iron.

**Wind-Down Spinach Dip**
Nutrition facts per ¼-cup serving: 105 cal
7 g total fat (1 g sat. fat), 0 mg chol., 28
mg sodium, 8 g carbo., 4 g dietary fibe
4 g protein. Daily Values: 24% vit. A, 9%
vit. C, 4% calcium, 13% iron.

**Ginger Beer Float**
Nutrition facts per serving: 270 cal., 12
total fat (7 g sat. fat), 45 mg chol., 81 m
sodium, 42 g carbo., 1 g dietary fiber, 3
protein. Daily Values: 10% vit. A, 26% vi
C, 9% calcium, 1% iron.

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LIPTON ONION DIP
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RECIPE SECRETS

Time is of the essence: Last-minute entertaining goes full speed ahead with these eight easy front-runners.

# Short-Order Appetizers

by David Feder



1. Belgian endive leaves transport an equal blend of mascarpone cheese and purchased taramasalata (salmon roe dip), capers, and lemon peel.



2. Layer mini-bagel crisps with bite-sized slices of smoked salmon. Top the tower with sour cream and snipped fresh dill.



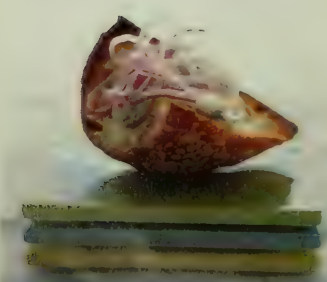
3. Skewer fanciful cocktail picks with fresh basil leaves pressed between red grape tomatoes and fresh mozzarella.



4. Fill hollow cucumber cups with a mixture of chopped honey-roasted peanuts, cilantro, and ground red pepper. Top with a carrot quill.



5. Butterflied shrimp hold a food-processor blend of leftover rice and a smidge of Thai curry paste. Green onion shreds add Asian appeal.



6. Sprinkle blue cheese crumbles on Italian bread brushed with olive oil; broil until cheese melts. Nest slivers of red onion atop.



7. Ribbons of seedless cucumber (use a vegetable peeler to cut lengthwise) wrap around cantaloupe cubes capped with sweet pepper squares.



8. Anchor spirals of rolled smoked deli turkey, bottled chutney, and snipped fresh parsley to baguette slices spread with honey mustard.




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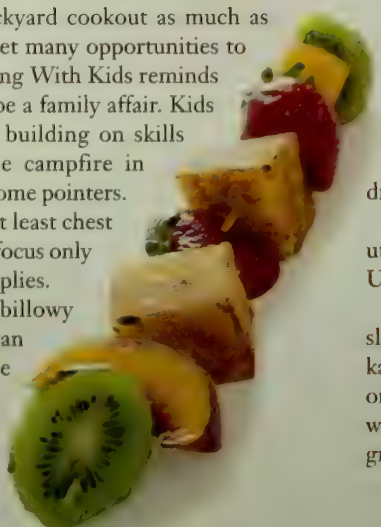


# Wish-Kabobs

by Ken Haedrich

**Kids relish the thrill** of a backyard cookout as much as their parents do. But small fry don't get many opportunities to do much about it. This month's Cooking With Kids reminds us that backyard grilling can, indeed, be a family affair. Kids can help create grilled fruit kabobs, building on skills they've already mastered around the campfire in Marshmallow Toasting 101. Here are some pointers.

- Age and size matter. Until a child is at least chest high to the grilling surface, she should focus only on assembling skewers or carrying supplies.
- Dress for the occasion. Beware of billowy sleeves, errant apron strings, and Batman capes—anything that might catch on the grill. Instead, kids should wear snug-fitting, long-sleeve T-shirts to protect arms from splatters.



**Happy Fruit Kabobs**
**Prep:** 15 minutes **Cook:** 3 minutes

- 8 12-inch wooden skewers
- ½ cup apple jelly
- 1 Tbsp. lemon juice
- ⅛ tsp. ground cinnamon
- ½ of a medium fresh pineapple, peeled and cored (about 9 oz.)
- 2 cups large fresh strawberries
- 1 nectarine, seeded and cut into wedges
- ½ of a 10-oz. loaf frozen pound cake, cut into 1½-inch cubes
- 8 small firm kiwi fruit, peeled and cut in half crosswise

1. Soak wooden skewers in water for 1 hour. In grill with cover, have an adult arrange preheated coals around drip pan for indirect grilling.
2. For sauce, combine apple jelly, lemon juice, and cinnamon in a saucepan. Cook over low heat, stirring occasionally, until smooth and bubbly. Remove from heat; set aside.
3. Cut pineapple into 1½-inch pieces. Thread pineapple, strawberries, nectarine wedges, and cake cubes alternately onto skewers, placing kiwi halves on each end. Leave a little space (about ¼ inch) between each piece so heat can go all around. Transfer kabobs to a baking sheet or tray so you can carry them easily to the grill.
4. Place kabobs on grill rack over drip pan.
5. Cover grill. Grill kabobs 2 minutes. Carefully turn skewers over. Use oven mitts to protect hands.
6. Use a long-handled brush to slather some of the sauce over kabobs. Grill for 1 to 2 minutes more or until heated through. Turn. Brush with sauce. Remove kabobs from grill. Makes 8 servings.




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# CrabCakes

by Richard Swearinger

You know when you're eating a great crab cake: Chunks of meaty crab accented with ingredients hand-picked to bring out the crustacean's sweet and briny flavor almost melt in your mouth. Here's how you can make a batch at home.

Repeat with us: Toss, pat, fry ... toss, pat, fry; no overmixing allowed. Then, and only then, will your delightful cakes reach that impeccable balance between tender center and crunchy exterior.

Hold that thought, and walk with us through the steps to crab-cake mastery. You start by mixing together everything but the crab. When that's all well combined, carefully toss the crabmeat with the mayonnaise mixture, just until the meat is moistened.

Bring your bowl of potential crab cakes to the stove, heat your pan, and start forming. Shape them by gathering the mixture into a ball in your hand. Pat the ball into a patty.

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**1. To keep the crab intact, add it last so you'll have lots of big savory chunks to bite into.**

**2. Pat lightly into shape; cakes will seem too crumbly at this stage, but cooking will firm them up.**

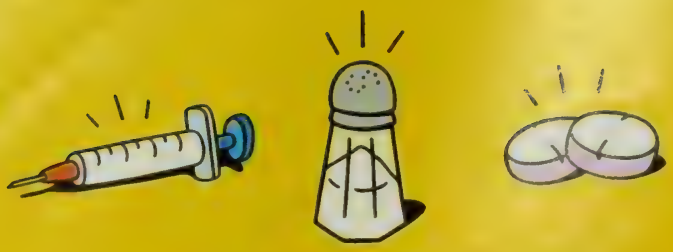
**3. The crabmeat is already cooked, but the eggs aren't, so keep cakes on the heat until they are a nice golden brown. An instant-read thermometer should reach 160° F with the tip of the probe inserted sideways into the cake.**



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## BUYING CRABMEAT

For your first efforts, make your life easier: Buy preshelled, cooked, or pasteurized lump crabmeat either in bulk from the fish counter or in 6- to 8-ounce containers. You'll also find crabmeat in the canned goods aisle, and the refrigerated or freezer cases of your store. And make a note: Cans aren't a sign of low quality. Some of the best crabmeat is sold in cans or jars. Prices range from $2 or $3 a can to more than $30 a pound. If this is your first outing with crab cakes, buy whatever fits your budget. Going up in price gets you bigger chunks and, often, higher quality.

Crabmeat comes in all kinds of forms: backfin, claw meat, jumbo lump, and others. Because you're going to be combining crab with other ingredients, again, go with what your grocery budget tells you.

If using frozen crabmeat, thaw in the refrigerator over one or two days. Thawing under running water or in the microwave oven results in less flavorful, drier crabmeat.

If you buy crab unshelled, you'll need to slightly more than double the amount to account for shell and cartilage. Figure on about a pound, but check with your retailer to be sure.

When it comes to choosing the kind of crab, time of year and where you live will determine what's for sale. You'll probably see Blue, Dungeness, Snow, King, and/or Jonah. Another popular species is Stone, but it is generally sold as whole claws. All of them make wonderful crab cakes.

## the better cook

continued from page 194

Then press on bread crumbs. To get evenly sized cakes, scoop the crabmeat mixture into your hand with a half-cup measure.

If you'd rather go freehand, just scoop up an amount that looks right to you, shape into a cake, and cook as directed. (Make sure they're about ½ inch thick so cakes will be cooked through by the time they're browned.)

As you finish forming each cake, lower it gently into the hot pan. When the cakes are fried to a nice toasty color (about the shade of a pancake), serve them with the Tartar Sauce recipe we provide, your favorite cocktail sauce, mustard, or just a wedge of fresh lemon.

### Crab Cakes

**Prep:** 25 minutes **Cook:** 6 minutes

- 1 6- to 8-oz. pkg. fresh or frozen lump crabmeat or one 6-ounce can crabmeat, drained, flaked, and cartilage removed
- 1 egg, slightly beaten
- 6 Tbsp. fine dry bread crumbs
- 2 Tbsp. finely chopped carrot
- 2 Tbsp. finely chopped celery
- 1 Tbsp. finely chopped green onion (green part only; chop and set aside the white part for the Tartar Sauce; see recipe, *right*)
- 2 Tbsp. mayonnaise or salad dressing
- ¾ tsp. dry mustard
- ¼ tsp. salt*
- ¼ tsp. bottled hot pepper sauce
- 2 Tbsp. cooking oil
- Lemon wedges (optional)
- 1 recipe Tartar Sauce

1. Thaw crabmeat in the refrigerator, if frozen; drain. In a medium mixing bowl combine egg, 4 tablespoons of the bread crumbs, the carrot, celery, onion, mayonnaise, dry mustard, salt, and hot pepper sauce. Gently stir in crabmeat just until combined. With wet hands, gently shape mixture into four ½-inch-thick patties, about 3½ inches in diameter.

2. Place remaining crumbs in a shallow dish. Coat both sides of the patties with crumbs.

3. In a large skillet heat oil over medium heat. Add crab cakes. Cook about 3 minutes on each side or until golden brown and heated through. Serve immediately with lemon wedges, if desired, and Tartar Sauce. Makes 4 servings.

*When using canned crabmeat, omit the ¼ teaspoon salt.



*Tartar Sauce:* In a small bowl stir together ½ cup mayonnaise, 1 Tbsp. chopped celery leaves, 1 Tbsp. sweet or dill pickle relish, 1 Tbsp. capers, and 1 Tbsp. chopped white ends of green onions.

Nutrition facts per cake and 1 tablespoon Tartar Sauce: 298 cal., 26 g total fat (4 g sat. fat), 119 mg chol., 560 mg sodium, 7 g carbo., 0 g dietary fiber, 11 g protein. Daily Values: 25% vit. A, 3% vit. C, 7% calcium, 6% iron. ♦




## "30 Minutes to Homemade" Strawberry Jam

*qt. ripe strawberries, mashed*
*cups sugar (do not reduce sugar)*
*/4 cup water*
*1 box SURE·JELL® Fruit Pectin*
*Plastic storage containers*

EASURE 2 cups mashed strawberries into large bowl. r in sugar. Let stand 10 minutes, stirring occasionally.

ING water and pectin to boil in small saucepan high heat, stirring constantly. Continue boiling d stirring for 1 minute. Stir into fruit mixture bowl. Stir 3 minutes or until sugar is mpletely dissolved.

LL containers quickly to within 1/2 inch tops; cover with lids. Let stand at room temperature 24 hours. Jam is ready to use. Refrigerate up to 3 weeks or freeze up to 1 year; thaw in refrigerator. Makes about 6 cups.

CERTO Method: Omit water and boiling step. Mix 1 pouch CERTO Fruit Pectin and 2 Tbsp. lemon juice in small bowl. Stir into fruit mixture in bowl. Continue as directed above. Makes about 4 cups.

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# $400 winner Sweet Glazed Cherry Pie

Carolyn Blakemore, Fairmont, W.Va.
in the Cherries, Sweet and Sour Category, July 2001

- ½ cup granulated sugar
- 3 Tbsp. cornstarch
- 1 16-oz. pkg. frozen unsweetened pitted dark sweet cherries
- ½ tsp. vanilla
- 1 purchased or homemade pastry for 2-crust 9-inch pie
- ¾ cup sliced almonds, toasted
- 1 21-oz. can cherry pie filling
- ¼ cup sifted powdered sugar
- 1 to 1½ tsp. milk

In a bowl stir together granulated sugar and cornstarch. Add frozen cherries and vanilla. Toss. Let stand at room temperature for 1 hour or until a syrup forms; stir occasionally.

Preheat oven to 375° F. Prepare pastry. On a lightly floured surface roll half of the pastry into a 12-inch circle. Line a 9-inch pie plate with pastry. Place ½ cup of the almonds in bottom of pastry-lined pie plate. Stir sweet cherry mixture; spoon on top of almonds. Spoon cherry pie filling over sweet cherry mixture; spread evenly. Trim bottom pastry to edge of pie plate. For top crust, roll remaining pastry into a 12-inch circle. Cut slits in top crust. Place on filling; trim ½ inch beyond edge of plate. Fold top pastry under bottom pastry; seal. Flute edge; cover edge with foil to prevent overbrowning.

Bake for 50 minutes. Remove foil. Bake about 30 minutes more or until top is golden brown and filling is bubbly. Remove from oven; cool on a wire rack 1 to 1½ hours. Stir together powdered sugar and enough milk to make of drizzling consistency. Drizzle over pie. Sprinkle remaining almonds on top of pie. Cool completely. Makes 8 servings.

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# $400 winner Mango Chili Chicken

Shobhana Venugopalan, San Jose, Calif.
in the Sizzle and Spice Entrées Category, July 2001

- ⅓ cup mango chutney, snipped
- 2 tsp. hot chili garlic sauce
- 1 tsp. minced fresh ginger
- 1 tsp. minced garlic
- 2 tsp. cooking oil
- 1 to 3 small dried hot chili peppers
- 1 lb. skinless, boneless chicken breasts, cut into ¾- to 1-inch pieces
- 1 red sweet pepper, cut into 1- to 2-inch strips
- 1 mango, seeded, peeled, and cut into thin strips
- 2 cups hot cooked rice

For sauce, combine first four ingredients; set aside. Heat oil in a large wok or very large nonstick skillet over medium-high heat. Add chili peppers; cook and stir for 10 seconds (be sure area is well ventilated). Add chicken. Cook and stir for 3 to 4 minutes or until no pink remains. Push chicken from center. Add sweet pepper. Cook and stir 1 minute. Stir in sauce; heat through. Top with mango. Serve with rice. Makes 4 servings.

Nutrition facts per serving: 367 cal., 5 g total fat (1 g sat. fat), 66 mg chol., 124 mg sodium, 52 g carbo., 3 g fiber, and 29 g pro. Daily Values: 65% vit. A, 89% vit. C, 4% calcium, and 12% iron.



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# $200 winner Peppery Pork Sandwiches

Mickey Strang, McKinleyville, Calif.
in the Sizzle and Spice Entrées Category, July 2001

- 1 large onion, thinly sliced
- 1 2- to 2½-lb. boneless pork shoulder roast
- 1 Tbsp. hot paprika
- 2 14½-oz. cans chunky chili-style tomatoes
- 1 4½-oz. can diced green chili peppers
- 2 tsp. dried oregano, crushed
- 1 tsp. black pepper
- ¼ tsp. salt
- 8 or 9 (6-inch) French-style rolls, split and toasted

Preheat oven to 325° F. In a 4-quart pot arrange onion slices in bottom of pan. Sprinkle roast evenly with paprika. Place roast on top of onion. In a medium bowl combine undrained tomatoes, undrained chili peppers, oregano, black pepper, and salt. Pour over roast in pot. Cover and bake for 2½ to 3 hours or until roast is very tender.

Remove pork to cutting board, reserving mixture in pot. Using 2 forks, pull pork into shreds. Skim fat from pan juices. Add shredded meat to pan juices; stir until combined. Heat through. Spoon pork mixture onto rolls. Makes 8 or 9 sandwiches.

Nutrition facts per sandwich: 383 cal., 18 g total fat (6 g sat. fat), 79 mg chol., 964 mg sodium, 29 g carbo., 3 g fiber, and 25 g pro. Daily Values: 19% vit. A, 25% vit. C, 10% calcium, and 18% iron.

(For more recipes, go online at www.bhg.com/food or AOL Keyword: Food)

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# $200 winner Pacific Very-Cherry Salad

Susan Asanovic, Wilton, Conn.
in the Cherries, Sweet and Sour Category, July 2001

- ¼ cup olive oil
- 3 Tbsp. Cherry Vinegar* or white wine vinegar
- 2 Tbsp. minced shallot
- 2 tsp. wasabi powder or prepared horseradish
- 1 tsp. sugar
- 1 tsp. fish sauce (optional)
- ¼ tsp. sea salt or salt
- ⅛ tsp. pepper
- 1 lb. fresh sweet cherries, pitted
- 8 cups mixed greens, such as shredded napa cabbage, torn romaine, and/or torn spinach
- 1 avocado, halved, seeded, peeled, and thinly sliced
- ½ cup slivered almonds, toasted
- ½ cup small fresh basil leaves or larger basil leaves, shredded

For dressing, in a screw-top jar combine oil, vinegar, shallot, wasabi or horseradish, sugar, fish sauce (if desired), sea salt, and pepper. Cover and shake well; set aside.

Halve cherries, if desired; set aside ¼ cup of the cherries. In a large salad bowl combine the greens, remaining cherries, and the avocado. Toss with dressing. Top salad with almonds, basil, and reserved ¼ cup cherries. Makes 4 to 6 servings.

**Cherry Vinegar:* Mash ½ cup pitted sweet cherries. Place in a clean, heatproof jar. In a small stainless steel saucepan heat ¾ cup white wine vinegar to boiling. Pour over cherries in jar. Cool slightly; cover with a nonmetallic lid. Let stand at room temperature 3 to 5 days. Strain out cherries; cover and store vinegar in a cool place up to 3 months.

Nutrition facts per serving: 392 cal., 31 g total fat (4 g sat. fat), 0 mg chol.,

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## Win Money and Prizes

Prize Tested Recipes®

(see page 199)

Your original recipe could be worth up to $400 and net you a kitchen full of new appliances. Send your recipes (ones that have never before been published) to our Prize Tested Recipes® contest, which features two new categories each month. Several months later, we'll publish the four winning recipes.

**One Annual Grand Prize:** GE Profile Appliances (refrigerator, dishwasher, microwave oven, and range or cooktop/oven; approximate retail value $5,000)

**Monthly Prizes:** Two $400 winners, Two $200 winners, Ten $50 honor rolls

**February 2002 Categories:** Canned and Frozen Vegetable Ideas: As long as veggies are the star, we want your recipe for home and special occasion dishes. Include your creative ideas for salads, side dishes, and casseroles.

Best Bread Machine Loaves: Send us your ideas for the stir-ins, flavorings, and new shapes that make your bread special. Herbs, chocolate, and vegetables are all possibilities.

**This Month's Winners** - Pages 199 and 200

$400 Winners: Carolyn Blakemore, Fairmont, W.Va.; Shobhana Venugopalan, San Jose, Calif. $200 Winners: Susan Asanovic, Wilton, Conn.; Mickey Strang, McKinleyville, Calif. $50 Honor Roll Winners: Mary Bayramian, Laguna Beach, Calif.; Gloria Bradley, Naperville, Ill.; Loanne Chiu, Fort Worth, Texas; Desmond Dunne, Staten Island, N.Y.; Florence Fiorvante, Jackson Heights, N.Y.; Susan M. Heilman, De Tour Village, Mich.; Rafael A. Irizarry, Baltimore, Md.; Susanne Johansson, Daytona Beach, Fla.; Marilou Robinson, Portland, Ore.; Barbara Tarvydas, Philadelphia, Pa.

**ontest Rules:** NO PURCHASE NECES-ARY. 1. The contest is open to legal U.S. sidents, except Meredith Corporation nployees, its affiliates, subsidiaries, and eir immediate families. 2. With each try, clearly print or type your name, ddress, phone number, and recipe arked "Canned and Frozen Vegetable eas" or "Best Bread Machine Loaves." ecify brands and recipe origin. 3. Send cipes by postal mail to: 0202 Food partment, *Better Homes and Gardens*® agazine, Des Moines, IA 50309-3023. Or, nd e-mail entries to: ptr@mdp.com. Entries must be postmarked by July 24, 01, and received by July 31, 2001. mail entries must be posted by 11:59 n., EDT, July 24, 2001. 5. Monthly win-rs will be selected about 60 days later, an notified by mail. Winners must sign idavit, release, and copyright assign-ent. The annual grand prize winner will selected from the year 2002's top win-rs on or about October 1, 2002, and will notified by mail. The grand prize win-r will choose up to $5,000 worth of GE ofile appliances from a local dealer at the aler's then-current retail prices. Any plicable sales tax, delivery charges, or ditional costs will be included in the ,000 prize. Cash will not be offered in u of prizes. 6. Entries must be your orig-al recipes. No previously published cipes. They will be judged on creativity, ste, and practicality by *BH&G*® editors. cisions of judges are final. 7. Entries ll not be returned. All copyright rights of nning recipes belong to Meredith Cor-ration. We reserve the right to adjust nning recipes. 8. Entry constitutes per-ssion to use winner's name and home-wn for editorial and promotional rposes, except where prohibited by law. nd a self-addressed stamped envelope above address to receive winners' list, ailable six months after entry deadline. Meredith Corporation assumes no sponsibilities for entries they are unable process due to phone, network, elec-nic, or computer hardware or software lures, or technical failures of any kind. bject to all U.S. federal, state, and local vs and regulations. Void where prohib-d. Taxes on prizes are the responsibility the winners.



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# The Sweetest Christma

## The 2001 Lenox Gingerbread Orname

Gingerbread Man is sporting a snazzy bow tie…a double-breasted, pin-striped vest… and a delicious smile. And he's bringing hom a grand Christmas tree—trimmed with color ful candies.

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by Becky Mollenkamp



# Extra Weight, Extra Smart

The fatter the baby, the better his SAT scores? Maybe not, but British researchers say they have found a link between birth weight, mental abilities, and educational performance later in life.

The researchers correlated the birth weights of 3,900 men and women born in 1946 with the results of cognitive tests taken when the participants were 8, 11, 15, and 26 years old. Even after accounting for other factors that can influence cognitive function, such as birth order, there was a significant association between heavier birth weights and improved cognitive development.

Parents should understand that birth weight is only one of many factors that influence cognitive development, says Marcus Richards, M.D., the study's author. "Parental engagement has a far more powerful impact," he adds.

Mothers can take steps to prevent low birth weight (less than 5.5 pounds) by avoiding alcohol, drugs, tobacco, and poor diet. In case of low birth weight, it's possible to offset the effects during the first two years of life with high-quality nutrition along with interaction and stimulation from a sensitive caregiver.

## Ease up on your grip

A callused index finger and indente thumb are telltale signs of a tigh gripped writer. Switching to a pen wit a wide, soft grip may reduce musc tension, according to a study in th journal *Industrial Health*.

Researchers found that subjects wh switched from a hard-plastic ballpoi pen to one with a softer grip had fewe complaints of thumb and finger pai after just one hour of use. The softe pens also reduced muscle strain throug the entire arm and shoulders.

**The human hand has 27 bones. The major function of the hand in all vertebrates—except humans—is locomotion.**

continued on page 21

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# VIOXX IS HERE. 24-HOUR RELIEF FOR THE MOST COMMON TYPE OF ARTHRITIS PAIN, OSTEOARTHRITIS.

It isn't about winning a marathon. Or making you feel like a kid again. It's about controlling the pain that keeps you from doing everyday things. And VIOXX may help. VIOXX is a prescription medicine for osteoarthritis, the most common type of arthritis.

## ONE PILL—ALL DAY AND ALL NIGHT RELIEF.

You take VIOXX only once a day. Just one little pill can relieve your pain all day and all night for a full 24 hours.

## VIOXX EFFECTIVELY REDUCED PAIN AND STIFFNESS.

In clinical studies, once-daily VIOXX effectively reduced pain and stiffness. So VIOXX can help make it easier for you to do the things you want to do. Like bending down to plant tulips in your garden.

## TAKE WITH OR WITHOUT FOOD.

VIOXX doesn't need to be taken with food. So, you don't have to worry about scheduling VIOXX around meals.

## IMPORTANT INFORMATION ABOUT VIOXX.

In rare cases, serious stomach problems, such as bleeding, can occur without warning. People with allergic reactions, such as asthma, to aspirin or other arthritis medicines should not take VIOXX.

Tell your doctor if you have liver or kidney problems, or are pregnant. Also, VIOXX should not be used by women in late pregnancy.

VIOXX has been extensively studied in large clinical trials. Commonly reported side effects included upper respiratory infection, diarrhea, nausea and high blood pressure. Report any unusual symptoms to your doctor.

## ASK YOUR DOCTOR OR HEALTHCARE PROFESSIONAL ABOUT VIOXX.

Call 1-800-859-5993 for more information, or visit www.vioxx.com. Please see important additional information on the next page.

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**Patient Information about**
**VIOXX® (rofecoxib tablets and oral suspension)**
**VIOXX® (pronounced "VI-ox")**
**for Osteoarthritis and Pain**
**Generic name: rofecoxib ("ro-fa-COX-ib")**

You should read this information before you start taking VIOXX®. Also, read the leaflet each time you refill your prescription, in case any information has changed. This leaflet provides only a summary of certain information about VIOXX. Your doctor or pharmacist can give you an additional leaflet that is written for health professionals that contains more complete information. This leaflet does not take the place of careful discussions with your doctor. You and your doctor should discuss VIOXX when you start taking your medicine and at regular checkups.

**What is VIOXX?**

VIOXX is a nonsteroidal anti-inflammatory drug (NSAID) that is used to reduce pain and inflammation (swelling and soreness). VIOXX is available as a tablet or a liquid that you take by mouth.

VIOXX is a medicine for:
- relief of osteoarthritis (the arthritis caused by age-related "wear and tear" on bones and joints)
- management of acute pain in adults (like the short-term pain you can get after a dental or surgical operation)
- treatment of menstrual pain (pain during women's monthly periods).

**Who should not take VIOXX?**

Do not take VIOXX if you:
- have had an allergic reaction such as asthma attacks, hives, or swelling of the throat and face to aspirin or other NSAIDs (for example, ibuprofen and naproxen).
- have had an allergic reaction to rofecoxib, which is the active ingredient of VIOXX, or to any of its inactive ingredients. (See Inactive Ingredients at the end of this leaflet.)

**What should I tell my doctor before and during treatment with VIOXX?**

Tell your doctor if you are:
- pregnant or plan to become pregnant. VIOXX should not be used in late pregnancy because it may harm the fetus.
- breast-feeding or plan to breast-feed. It is not known whether VIOXX is passed through to human breast milk and what its effects could be on a nursing child.

Tell your doctor if you have:
- kidney disease
- liver disease
- heart failure
- high blood pressure
- had an allergic reaction to aspirin or other NSAIDs
- had a serious stomach problem in the past.

Tell your doctor about:
- any other medical problems or allergies you have now or have had.
- all medicines that you are taking or plan to take, even those you can get without a prescription.

Tell your doctor if you develop:
- ulcer or bleeding symptoms (for instance, stomach burning or black stools, which are signs of possible stomach bleeding).
- unexplained weight gain or swelling of the feet and/or legs.
- skin rash or allergic reactions. If you have a severe allergic reaction, get medical help right away.

**How should I take VIOXX?**

VIOXX should be taken once a day. Your doctor will decide what dose of VIOXX you should take and how long you should take it. You may take VIOXX with or without food.

**Can I take VIOXX with other medicines?**

Tell your doctor about all of the other medicines you are taking or plan to take while you are on VIOXX, even other medicines that you can get without a prescription. Your doctor may want to check that your medicines are working properly together if you are taking other medicines such as:
- methotrexate (a medicine used to suppress the immune system)
- warfarin (a blood thinner)
- rifampin (an antibiotic)
- ACE inhibitors (medicines used for high blood pressure and heart failure)
- lithium (a medicine used to treat a certain type of depression).

**What are the possible side effects of VIOXX?**

Serious but rare side effects that have been reported in patients taking VIOXX related medicines have included:

- Serious stomach problems, such as stomach and intestinal bleeding, ca with or without warning symptoms. These problems, if severe, could hospitalization or death. Although this happens rarely, you should watch f that you may have this serious side effect and tell your doctor right away

- Serious allergic reactions including swelling of the face, lips, tongue, and/o which may cause difficulty breathing or swallowing occur rarely but may treatment right away. Severe skin reactions have also been reported.

- Serious kidney problems occur rarely, including acute kidney failu worsening of chronic kidney failure.

- Severe liver problems, including hepatitis and jaundice, occur rarely in taking NSAIDs, including VIOXX. Tell your doctor if you develop symptoms problems. These include nausea, tiredness, itching, tenderness in the righ abdomen, and flu-like symptoms.

In addition, the following side effects have been reported: confusion, hair loss, nations, low blood cell counts, unusual headache with stiff neck (aseptic menin

More common, but less serious side effects reported with VIOXX have inclu following:

Upper and/or lower respiratory infection and/or inflammation
Headache
Dizziness
Diarrhea
Nausea and/or vomiting
Heartburn, stomach pain and upset
Swelling of the legs and/or feet
High blood pressure
Back pain
Tiredness
Urinary tract infection.

These side effects were reported in at least 2% of osteoarthritis patients receivi doses of VIOXX 12.5 mg to 25 mg in clinical studies.

The side effects described above do not include all of the side effects report VIOXX. Do not rely on this leaflet alone for information about side effects. You or pharmacist can discuss with you a more complete list of side effects. Any t have a medical problem you think may be related to VIOXX, talk to your doctor

**What else can I do to help manage my osteoarthritis pain?**

Talk to your doctor about:
- Exercise
- Controlling your weight
- Hot and cold treatments
- Using support devices.

**What else should I know about VIOXX?**

This leaflet provides a summary of certain information about VIOXX. If yo any questions or concerns about VIOXX, osteoarthritis or pain, talk to your professional. Your pharmacist can give you an additional leaflet that is written fo professionals.

Do not share VIOXX with anyone else; it was prescribed only for you. It should b only for the condition for which it was prescribed.

Keep VIOXX and all medicines out of the reach of children.

Inactive Ingredients:

Oral suspension: citric acid (monohydrate), sodium citrate (dihydrate), sorbitol s strawberry flavor, xanthan gum, sodium methylparaben, sodium propylparaben

Tablets: croscarmellose sodium, hydroxypropyl cellulose, lactose, magnesium s microcrystalline cellulose, and yellow ferric oxide.

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## ealth Update

inued from page 206

## kin Cancer Goes to the Dogs



humans in your family n't the only ones who need vorry about skin cancer. Spot, family dog, is also at risk. In , skin cancer is the most common e of cancer diagnosed in dogs. Jltraviolet radiation can cause sun- uced skin cancer in animals just as it s with humans. Short-haired and t-colored dogs are most suscepti- , says Greg MacEwen, an oncolo- t with the American College of erinary Internal Medicine. Spot will stay safe by staying oors or in the shade as much possible. Leave a moderate ount of hair when trimming your dog's coat. If you live in an area with lots of sunshine, dab some of your SPF 30 sunscreen on your dog before heading outdoors. Use it on areas unprotected by his fur, including the bridge of his nose, the tips of his ears, and near his eyes. Avoid using sunscreen in areas the dog may lick.

Be your dog's best friend by watching out for these signs of skin cancer:

- Lumps or bumps that increase in size
- Wounds or infections that do not heal
- Loss of appetite or an unexplained weight loss
- Decreased vitality

If you notice any of these symptoms, take Spot to the vet. If caught early, sun-induced skin cancer is often curable.

continued on page 212

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## Germ-Free Workout

Fat is not your only enemy at the gym. You may also have to fight the germs that attach themselves to exercise equipment and shower stalls.

Viruses, bacteria, and fungi can spread easily in the tight quarters of a fitness center, says Richard Levinson, M.D., of the American Public Health Association. Although some infections, such as cold and flu, are often unavoidable in crowded facilities, Levinson offers these tips to keep yourself and other fitness buffs as healthy as possible:



- Stay home if you have a cold or flu. Don't expose others to your infection.
- Avoid anyone who is coughing or sneezing at the gym.
- Cover your mouth if you sneeze or cough, and then wash your hands with warm water and soap.
- Wear footwear at all times, even in the shower, to avoid ringworm and athlete's foot.
- Don't share clothes, combs, or other personal belongings. These items can spread infection and lice.
- Before use, be sure to wipe down equipment and weights with a disinfectant spray.
- Wash your hands before, during, and after your workout.



## Flip Burgers for Better Health

Cooking a hamburger is a precisio sport. Overcook the patty and you ma put yourself at risk for cancer. Unde cook it and you may eat some nas bacteria. A study in the *Journal of t National Cancer Institute* suggests safer cooking technique—frequent fli ping over a lower temperature.

Researchers found that turnin ground beef patties only once led to th highest formation of heterocycl amines (HCA), which are carcinogen Turning burgers every minute great reduced HCA formation and actual cooked the meat faster than meat th was not flipped.

The cooking process also calls fo reduced cooking temperatures. Bacter were completely killed in ground be patties when the internal temperatu reached just 158 degrees. When the fr ing pan was overheated to 482 degree researchers found HCA.

Keep an eye on your family's chef th next time burgers are on the meni Make sure your patties are flipped fr quently and cooked over medium hea

## Buzz

**Wandering Alzheimer's patients** are the punch line of many jokes. But when your loved one disappears, it's no laughing matter. Global Positioning System (GPS) technology may help. GPS can pinpoint exact locations using satellites that monitor signals emitted by transponders. Several companies are developing tracers that could be worn by an Alzheimer's patient as a bracelet. An alarm would sound if the patient wandered too far from home. The bracelets could soon be available in the United States.




**Geez, I could stand to lose a few pounds, thought Maxine.**

Like people, cats can have weight issues too. Help regain her figure with Iams Less Active Formula. It has less calories and fat than Iams Adult Formula and can trim pounds gradually. Plus, it still tastes great. Meaning more healthy years for your cat, and fewer battles with her waistline.




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# skincancer
## spot it and stop it

by
Anita
Smith

Summer is in full swing, with your days brightened by the warmth and glow of the sun. But a word of caution: Experts believe that overexposure to the sun is the main cause of the two most common types of skin cancer: basal cell and squamous cell carcinomas.

We're now beginning to see basal cell and squamous cell skin cancers among people in their 20s, says Jeffrey S. Dover, M.D., a dermatologist based in Chestnut Hill, Massachusetts, and a member of the board of the American Society for Dermatologic Surgery. "In years past in America, you just never saw these skin cancers until people were at least in their 30s and 40s. The big reason for the change is that people now go out in the sun more."

A third type of skin cancer, melanoma, is the most deadly. It may be caused by heredity. However, some doctors believe that a history of severe sunburn may contribute to the development of melanoma.

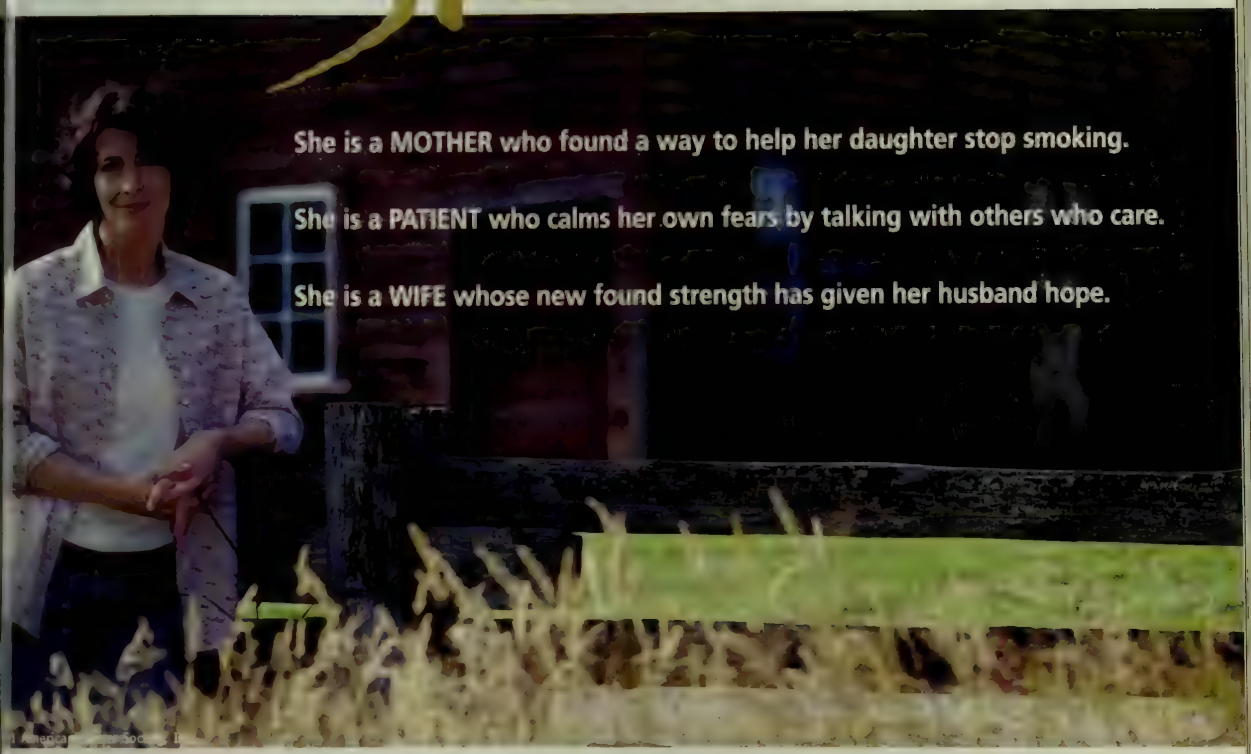
**Protection is strong prevention**

"Many skin cancers can be prevented," says George J. Hruza, M.D., St. Louis, Missouri, dermatologist and a board member of the American College of Mohs Micrographic Surgery and Cutaneous Oncology. Protect yourself and your family by taking these precautions.

- Don't lie out in the sun and try to get a tan. "Though many people associate getting a tan with a healthy glow, a tan is the body's generation of pigment in response to harmful ultraviolet rays," says Hruza.
- When spending time outdoors, use sunscreen (sunblock) that has an SPF (Sun Protection Factor) of 30. Read the label to make sure you are purchasing a sunscreen that protects from UVB (ultraviolet-B) radiation, which is the primary cause of sunburn and skin cancer. The sunscreen also can protect you from UVA (ultraviolet-A) radiation, which has a longer wavelength than UVB rays. UVA rays penetrate deeper into the skin and can cause damage to its elastic fibers. For example, UVA rays come through the window when you're riding in a car.
- Make an application of a moisturizer with an SPF of at least 15 a part of your everyday morning routine. It's still possible to get exposure to harmful rays even if you're indoors.
- Rub on sunscreen prior to any exposure to the sun; don't wait until after you get out in the sun. Be sure to apply the sunscreen thickly and evenly, and reapply it every few

continued on page 21

# she




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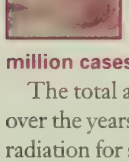
continued from page 214

hours; once a day is not sufficient. Be sure to reapply sunscreen after swimming or if you are sweating.

- Buy well-fitted clothing made of tightly woven material that sun rays cannot penetrate easily. Wear shirts with long sleeves, pants with long legs, and a hat with at least a 4-inch brim. Or wear clothing with built-in SPF 30.
- Beware of tanning beds because they may put you at risk for skin cancer and wrinkling.
- Completely shield babies from the sun's rays. As your children reach toddler-age and older, protect them with sunscreen, proper clothing, and moderate sun exposure.

**Clues that it might be skin cancer**

Learn how to detect different skin cancers. This knowledge may save the life of someone you love.



**Basal Cell Carcinoma**

**Fair-skinned individuals who burn easily are most vulnerable to basal cell carcinoma, which annually accounts for about one million cases of skin cancer in the United States.**

The total amount of sun an individual has accumulated over the years also is a factor. Patients who are treated with radiation for some health problems may be at risk for basal cell skin cancer even 25 years later.

A basal cell cancer can be red to skin-colored; tends to appear like a bump, which is relatively firm or rubbery to touch; and sometimes has a waxy, almost translucent look. It's not uncommon for an enlarged blood vessel to run through it, showing up like a little red line.

"About 85 percent of basal cell carcinomas occur on the head and neck, but they also can occur on the arms, legs, chest, and back," says Hruza. Over time, as this cancer gets bigger, the skin can ulcerate. Sometimes it bleeds when a patient rubs a towel over it while drying off after a bath or a dip in the pool.

"Basal cell carcinomas almost never kill people," says Dover. "But they can get big and start to ooze, crust, and smell. They can erode and take away part of your nose or ear. So they have to be treated.

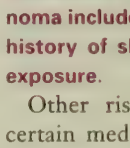
"It is very rare for a basal cell cancer to metastasize (spread) to other areas of the body. It tends to grow locally in the area where it develops. However, if it's not treated, it can be very destructive. Over time, it can invade through the skin into the muscle and into the bone."

Depending on the nature of a basal cell cancer, as well as the age and health of the patient, the choice of treatment can vary. Frequently used treatments include scraping and burning (curettage and electrodesiccation), cutting the cancer out (routine excision), or Mohs micrographic surgery. Mohs surgery, a procedure with a cure rate as high as 99 percent, is being used increasingly to remove certain skin cancers. Only a doctor who is specially trained in this technique may perform the surgery.

The patient is placed under local anesthesia in an outpatient setting. The surgeon cuts out the cancer and evaluates the cancer's edges, or border, under the microscope, including the underside where cancer roots may extend. If the microscopic study shows remaining cancer cells, the surgeon removes more tissue.

Less frequently used treatments include cryosurgery (freezing with liquid nitrogen) and radiation therapy, which usually is reserved for elderly or debilitated patients who are not considered appropriate candidates for other treatments.

Researchers are looking for new ways to prevent and treat skin cancers, says Hruza. For example, two approaches that are now being tested are using derivatives of Vitamin A for prevention, and using a prescription cream for treatment of both basal cell and early squamous cell skin cancers.



**Squamous Cell Carcinoma**

**Key risk factors for squamous cell carcinoma include having fair skin and a history of skin damage from sun exposure.**

Other risk factors are taking certain medications that suppress the immune system (such as anti-rejection medicine taken by organ transplant patients) and undergoing treatment with ultraviolet light (such as for the skin condition psoriasis). Undergoing radiation treatments for other health problems may place a person at risk even 25 years later.

A squamous cell skin cancer tends to start out looking like a red, flaky, or scabby patch on the skin. The patch gradually thickens into a real

continued on page 218

"Any tan equals sun damage, which ultimately equals increased risk of skin cancer."

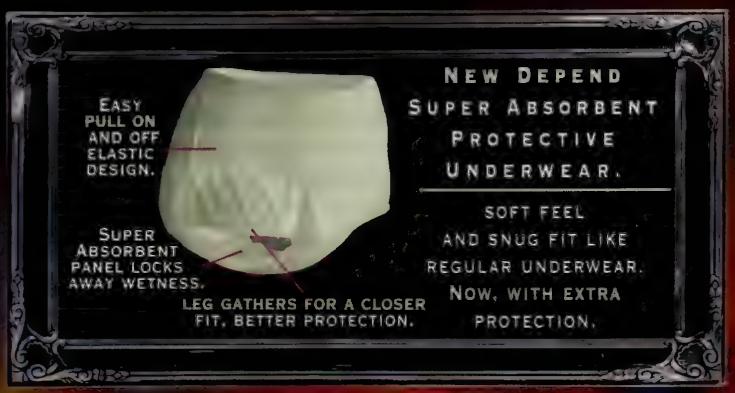
—George J. Hruza, M.D.

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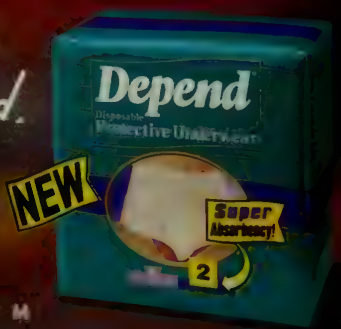





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# Skin Cancer: Spot It and Stop It

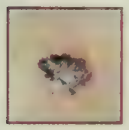
continued from page 216

bump, frequently with an ulcer.

This type of carcinoma, expected to account for about 200,000 new cases of skin cancer this year, often remains localized. Some squamous cell skin cancers grow much quicker than others. "Statistics vary on the risk of a squamous cell cancer spreading to other parts of the body," says Hruza. "Generally, it's thought to be in the two to ten percent range. The ones around the ears and lips tend to be the most aggressive." But in severe cases, it spreads to other areas, such as the bone, liver, or brain.

Dover has this advice: "If you have a tender, scaly spot on your skin that doesn't go away, see your doctor. It could be a squamous cell."

Squamous cell cancers are treated by cutting them out using routine excision or Mohs surgery.



**Melanoma**

**The rarest and most deadly skin cancer is melanoma, also referred to as malignant melanoma. It tends to run in families and annually accounts for about 50,000 cases of skin cancer.**

Dover says that many patients who do not have a family history of the disease also develop melanoma. "Often it's plain bad luck," he says.

How sun damage fits into the risk for melanoma is not clear-cut. "Melanoma may or may not be related to sun exposure," says Dover.

Some researchers believe that experiencing several severe sunburns, particularly during childhood, can increase a person's risk of having a melanoma later in life. "We're not talking here of gradual sun exposure, such as what farmers might get," says Hruza. "We're talking about really bad sunburns."

One thing is clear: If not diagnosed and treated early, melanoma often spreads in the body and kills its victim. About 7,700 people die from melanoma each year.

Melanoma is more likely to appear on the trunk of the body or on the extremities than on the head or neck. When men have melanomas, they often are on the back, says Hruza. Among women, melanomas more typically develop on the legs.

This skin cancer looks different from either basal cell or squamous cell carcinoma. A melanoma has a molelike appearance. It tends to be a brown or black flat spot on the skin that gradually enlarges and thickens, becoming a little bump or nodule. The melanoma can be an existing mole that starts changing, or it can be a new molelike growth.

The American Academy of Dermatology has developed an easy-to-remember list of tips that can help you readily detect melanoma:

**A is for Asymmetry.** A dark skin spot that is not symmetrical (not the same on both sides) is suspect. "With a melanoma, you can have a mole that is not round or oval, where one side is obviously different from the other," says Hruza.

**B is for Border.** Look at the border of this molelike growth. Your suspicion should get stronger if the growth's edges are irregular—such as jagged, notched, or scalloped.

**C is for Color.** "If this growth has more than one color, that's suspicious," says Hruza. "Here I mean, if you have a mole where part of it is brown and part of it is black, or maybe a mixture of white and black or red and brown, or even very dark brown and very light brown."

**D is for Diameter.** "The kind of mole to be suspicious of is one that is larger than 6 millimeters, which is about the size of an eraser head on a pencil," says Hruza.

"The one thing people have control over in lowering their risk is to reduce their sun exposure," says Hruza. "I do not tell patients to totally avoid the sun, because I think that adversely affects your quality of life. You can't both enjoy the outdoors and totally avoid the sun."

So take pleasure in summer's long, sunny days while wisely and realistically safeguarding your family.

"If you see a changing mole or dark spot on your skin, call and see your doctor the same day! Don't wait."

—Jeffrey S. Dover, M.D.

**STAY INFORMED**

For more information about prevention, detection, and treatment of skin cancer, talk to your doctor. Or contact:

**American Cancer Society**
800/227-2345
www.cancer.org

**American Academy of Dermatology**
888/462-3376
www.aad.org

**American Society for Dermatologic Surgery**
800/441-2737
www.asds-net.org

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*Prescribes the only therapy proven to reduce spinal fractures in the very first year.*

# THEIR WEAPON

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*Nonhormonal prescription medicine*

If you've lost enough bone, you can be vulnerable to spinal fractures you may not
ways feel. Eventually, spinal fractures may cause your back to curve into dowager's hump.
you've seen that curve in your grandmother, mother or aunts, you may be at
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Some other risk factors include being Caucasian or Asian or smoking. Be aware, even
tra calcium and exercise may not be enough to protect you from bone loss and fracture.
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out Actonel. Not only can Actonel reverse bone loss, it helps your bones become
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You should not take Actonel if you have low blood calcium, severe kidney disease, or
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cause these may be signs of serious upper digestive problems. Side effects are generally
ild or moderate and may include stomach pain or upset, or constipation. Follow dosing
structions carefully.

**To learn more about Actonel and osteoporosis, talk to your healthcare provider,
ll toll-free 1-877-Actonel, or visit www.actonel.com.**

Women today don't have to accept bone loss the way our grandmothers did.
e a warrior. Fight fracture.




## HER RESULT

*Only Actonel is proven to reduce spinal fractures in the very first year*

Turn the page for additional information on Actonel and osteoporosis.

# Important Information for You About Actonel and Osteoporosis

## ■ ACTONEL® (AK-toh-nel) Patient Information generic name: (risedronate sodium tablets)

This leaflet tells you about ACTONEL and how to take it. Read this information carefully before you begin taking ACTONEL. It is important to take ACTONEL exactly as recommended. Read this information each time your prescription is refilled in case new information is available. This leaflet does not take the place of discussions with your health care provider because it does not describe all the risks and benefits of ACTONEL. ACTONEL can be prescribed and dispensed only by licensed health care professionals; they have information about your medical condition and more information about ACTONEL. Talk with your health care provider about ACTONEL before you start taking the medicine and during your regular checkups.

## ■ What is the most important information I should know about ACTONEL?

Take ACTONEL once a day or as directed by your health care provider. You must take ACTONEL exactly as recommended so that it will work and to reduce the risk of harmful side effects (see ***How should I take ACTONEL?***).

## ■ What is ACTONEL?

ACTONEL is a drug to treat and prevent osteoporosis. ACTONEL can reverse bone loss and help reduce the risk of breaking bones (fractures) by stopping further loss of bone and increasing bone mass. ACTONEL is not a hormone like estrogen (hormone replacement therapy used in postmenopausal women). Therefore, it does not have all the benefits and risks of estrogen.

## ■ What is osteoporosis?

Osteoporosis is a disease that causes bones to become thinner. Thin bones can break easily. Most people think of their bones as being solid like a rock. Actually, bone is tissue, just like other parts of the body—your heart, brain, or skin, for example. Bone just happens to be a harder type of tissue. Bone is always changing. Your body keeps your bones strong and healthy by replacing old bone with new bone.

When someone has osteoporosis, the body removes more bone than it replaces. This means that bones get weaker and are more likely to break. Osteoporosis is a bone disease that is quite common, especially in older women. However, young people and men can develop osteoporosis, too.

Osteoporosis can be prevented, and with proper therapy it can be effectively managed.

## ■ How can osteoporosis affect me?

In the early stages of osteoporosis, people often have no pain or other symptoms. As bones become weaker, they are more likely to break when someone falls—or even without a fall. While osteoporosis can affect any bone, the spine, wrist, and hip are the bones most likely to break. People with osteoporosis may "shrink" (lose height), develop a curved back, or have severe back pain that forces them to limit their activities.

## ■ Who is at risk for osteoporosis?

Many things put people at risk for osteoporosis. Some are just part of who you are, like being a woman, going through menopause or already being postmenopausal, being Caucasian or Asian, being thin, or having a family history of osteoporosis. Other factors include not getting enough calcium or vitamin D, having an inactive lifestyle, smoking cigarettes, or drinking too much alcohol. Long-term use of cortisone-type medicines (such as prednisone) can also cause osteoporosis in both men and women of all ages.

## ■ Who should not take ACTONEL?

Do not take ACTONEL if you have:

- low blood calcium (hypocalcemia)
- the inability to sit or stand upright for 30 minutes
- an allergy to ACTONEL
- severe kidney disease

If you are pregnant or nursing (breast-feeding), or have severe kidney disease, talk to your health care provider before taking ACTONEL.

## ■ How should I take ACTONEL?

Take ACTONEL once daily or as directed by your health care provider. It is important to take ACTONEL as recommended so that you can benefit from the medicine. Following these recommendations also helps ACTONEL work correctly and helps you avoid possible irritation of the esophagus, the tube connecting the mouth and the stomach.

Take one ACTONEL tablet first thing in the morning while in an upright position (sitting or standing) before you have anything to eat or drink (other than plain water). Do not eat or drink anything except plain water for 30 minutes after taking ACTONEL.

## ■ Remember:

- Take one ACTONEL tablet with 6 to 8 ounces (about 1 cup) of plain water (not coffee, tea, or juice, and ***especially not milk or other dairy products***).
- After taking ACTONEL, wait at least 30 minutes before lying down. You may sit, stand, or do normal activities like read the newspaper, take a walk, etc.
- Swallow ACTONEL whole rather than chewing it or waiting for it to dissolve.
- If you take vitamins, calcium, and antacids, take them at a different time of the day from when you take ACTONEL, at least 30 minutes after you take ACTONEL.
- If you forget to take ACTONEL, do not double your next dose. Simply take ACTONEL as you normally would for your next dose
- You should continue to take ACTONEL for as long as your health care provider recommends. ACTONEL can treat your osteoporosis or help keep you from getting osteoporosis only if you continue to take it.

## ■ What should I avoid while taking ACTONEL?

Foods and some supplements and medicines can stop your body from absorbing ACTONEL. Therefore, do not take these products at or near the time you take ACTONEL: food, milk, calcium supplements, or calcium-, aluminum-, or magnesium-containing medicines, such as antacids (see ***How should I take ACTONEL?***). Ask your h care provider if there is anything else you sho avoid while taking this medicine.

## ■ What are the possible side effects of ACTONEL?

Most people have no problems with ACTON However, ACTONEL may cause side effects. effects from ACTONEL are usually mild. They generally do not cause patients to stop taking ACTONEL.

In studies of ACTONEL in patients with osteoporosis, the most common side effects w reported about as often with ACTONEL as wi placebo (sugar pill). They include upset stom abdominal (stomach area) pain, constipation diarrhea, gas, and headache.

This summary does not include all the possibl effects of ACTONEL. Talk to your health care provider about possible side effects. Tell your care provider if you feel discomfort in your st or esophagus (the tube connecting the mouth the stomach). Stop taking ACTONEL and tell health care provider right away if swallowing difficult or painful, if you have chest pain, or if have severe or continuing heartburn.

# Other important information

## ■ How can I tell if ACTONEL is workin

ACTONEL can build bone mass in most peop who take it, even though they won't be able or feel a difference. Your health care provide measure the thickness (density) of your bone check your progress. This is called a bone mi density measurement.

## ■ What if I have other questions about ACTONEL?

If you have questions about ACTONEL, ask y health care provider or pharmacist.

If you want to read more about ACTONEL, your health care provider or pharmacist for t labeling written for health care professionals

For more information, call 1-877-ACTONEL free) or visit our web site at www.actonel.co

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# Kids are like camels. Until you get in the car.



The dreaded car ride. When you begin toilet training it can be tempting to switch back to diapers at times like these. Here's a tip. Once you've made the leap from diapers to Pull-Ups® Training Pants, it's important to be consistent. The fact is, switching back and forth to diapers can confuse your child and actually slow down potty training progress. So whether it's a trip to the mall, or on those long rides to Grandma's, try not to switch back to diapers. While success may not happen instantly (and you'll probably see a lot of gas station restrooms), stick with Pull-Ups® all the time and it will definitely pay off down the road. Even the one to Grandma's house.

**DON'T BE TEMPTED TO SWITCH BACK AND FORTH TO DIAPERS.**




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Capture your most creative ideas, personal thoughts, and favorite keepsakes in your own handcrafted books. As an author and artist, you'll entertain friends and family.

continued on page 224

# Novel Ideas

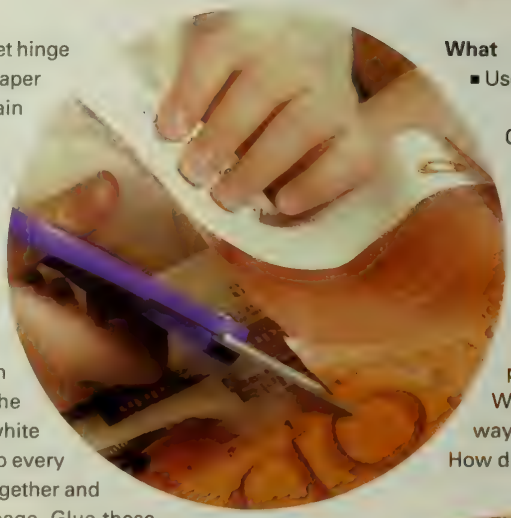
continued from page 223



## Hinge Diary

**What you need:** 1½-inch-wide cabinet hinge ■ Colored paper ■ 11×17-inch white paper ■ Craft glue ■ Stickers ■ Key chain (optional)

Turn a hinge into a miniature book. 1. Decorate the book covers by first tracing the flat square face of the hinge onto the colored paper four times. Cut out the squares and glue them to each outside and inside hinge. Place a decorative sticker on the front, if desired. 2. To make the pages, cut a 1⅜×17-inch strip of white paper. Accordion-fold the paper strip every 1⅜ inches. Keep the pages folded together and apply glue to the top and bottom page. Glue these outer pages to the decorated inside covers of the book. 3. Optional: Use a pencil to poke a hole through the paper cover and one of the predrilled screw holes. Continue poking the pencil through the pages and back cover. Attach the key chain.






## Cut-Out Creation

**What you need:** Spiral notebook ■ Used magazines ■ Glue stick

Cut out words, letters, and pictures to create your own story. Arrange the cutouts one sentence at a time along the rules of the notebook page. Glue cutouts in place. (Hint: Make up a story about an adventure—to the park, for example, or the zoo. Who did you meet along the way? What did they say or do? How did you get home?)

continued on page 22





See Flip Book craft on page 22


What could be more fun than this?
New Jell-O tubs seem bottomless!
With evidence on every face,
abundant pudding joy awaits.
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# Novel Ideas

continued from page 224



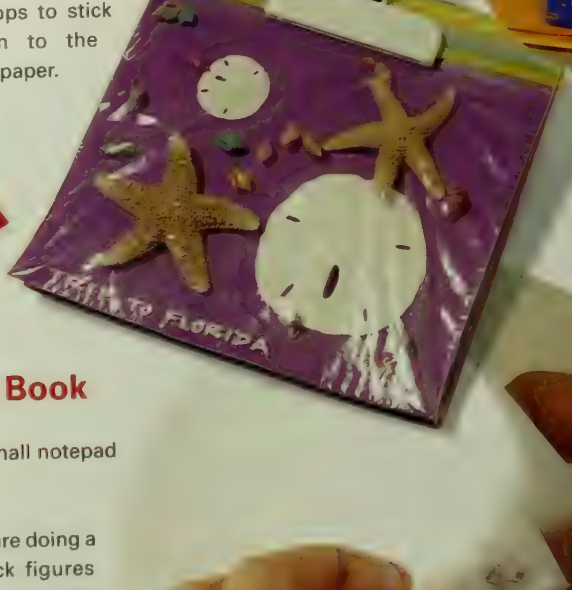
## Collector's Book Bag

**What you need:** Sandwich-size zipper bags ■ Large clip ■ Colored paper ■ Tape ■ Paint markers (optional)

1. Cut colored paper rectangles that will fit into the sandwich bags. 2. Slip different collections into the bags. Items could include vacation mementos, awards, photos, short stories, drawings, and hobby and craft collectibles. Tip: If you want your collection to stay in place, use tape loops to stick each item to the colored paper.



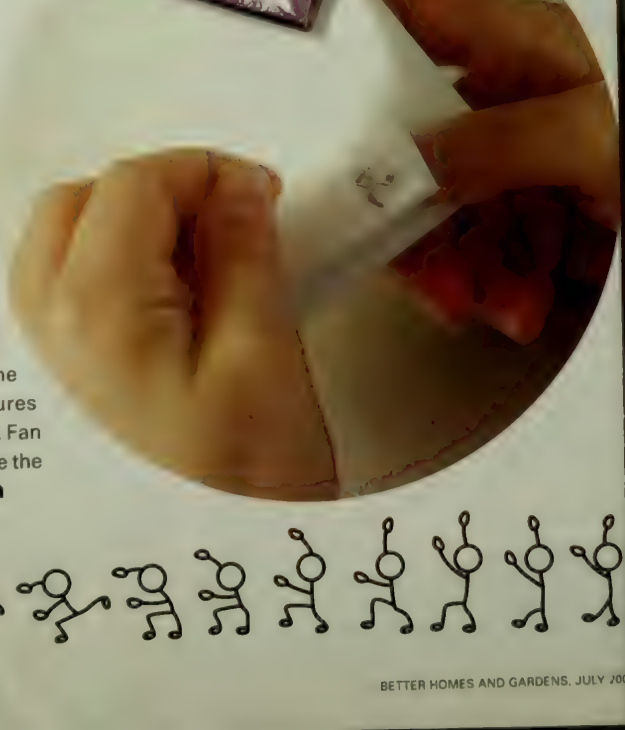



## Flipper Flip Book

**What you need:** Small notepad ■ Pencil or pen

Animate a stick figure doing a flip. Trace the stick figures shown here onto the pages of a notepad, starting with the figures on *page 224*. Trace the first figure onto a corner of the last page. Trace the second figure in the series onto the second-to-last page in the same corner. Continue until all figures have been traced onto 21 pages. Fan the pages with your thumb to see the figure complete a somersault.



For him there's nothing worse than waking up cold, wet and alone.

Except waking up cold, wet and surrounded by friends.



worst fear: that somewhere, at some point, his friends will find out he wets his bed. And he's ne. Seven million kids wet their beds, often the result of a bladder that simply hasn't grown as the rest of their body. And for them we offer GoodNites® absorbent underpants. Designed for 5 to 125 pounds, they're disposable underpants that protect your child overnight. They have or protection and fit, so they look and feel like regular underwear. And since he's the only person know he's wearing them, they come with other benefits. Like privacy. Independence. ience. Things that will make you both sleep easier. Please visit www.goodnites.com to learn more.

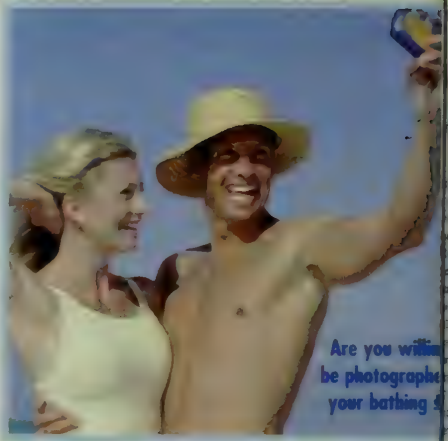



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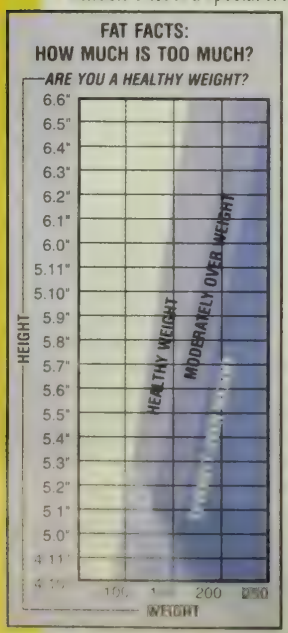
***Discover the weight-loss secret of the slim and gorgeous. The hardest part of any weight-loss program is just getting started. This system can help jumpstart you to a fitter lifestyle.***






For more than 58 million adult Americans, the problem of weight loss has proven difficult—if not impossible, to solve. Many of them have wasted precious time and money trying to lose weight. They've tried every quick-fix fad diet from the ones where you buy the pre-packaged food to the ones that involve counting calories. They all seem to take months to show any results...and by that time most people's motivation is gone! Now, the latest nutrition technology has resulted in the Hollywood 48-Hour Miracle Diet. What was once Hollywood's best kept diet secret is now sweeping the nation.

**The skinny.** James Kabler, world famous for his phenomenally successful Six Day Bio Diet, has now launched the faster and easier Miracle Diet. The Hollywood 48-Hour Miracle Diet is a special formulation of all-natural juices and botanical extracts so it looks like an ordinary bottle of juice—and works like a miracle! For two days you give up all bad food habits. In place of fats, sugars and artificial ingredients, you flood your body with the vitamins, minerals and essential oils found in this amazing juice. Just mix half of it with an equal amount of cold water and sip it throughout the day. It's so easy. There's no measuring or combining foods, no counting calories or points, no hassle. It's that easy because you only have to stay on it for 2 DAYS TO SEE RESULTS! Ideal for people who have a special occasion coming up and want to look and feel their best—fast. High school reunions, weddings, even that trip to Hawaii are all great reasons to lose a quick ten!




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**There are no failures on this diet—you will lose weight—guaranteed!** Lose up to 10 pounds in just 48 hours with no risk. If you're not 100% satisfied, return the unused portion within 30 days for a full, "No Questions Asked" refund. Dieting is easier when you do it with a friend or spouse, so enough for two!

**Hollywood's best-kept diet secret.** This phenomenal weight-loss program is great for anyone

**THE RESULTS ARE IN:**
**Weight loss ranged from 4.5 to 16.75 pounds**

**An independent lab test of Hollywood's diet phenomenon:**




- **Each participant lost a significant amount of weight**
- **All participants were very happy with their individual weight loss and expressed their desire to use the diet again on a regular basis**
- **Testing of each participant's body fat percentage showed results of significant fat loss**
- **No one reported any adverse effects**

***Don't take our word for it.***

*"I was skeptical at first but decided wh[y] heck. I'll give it a try. I lost 6 lbs. in two & feel great and more motivated to star[t] ing healthier and lighter."*

*Eliza, Conne[cticut]*

*"I must admit that I was a little skept[ical]. But, I figured, what have I got to lose? Anyway, I started the diet on a Saturd[ay] morning. The juice is very tasty and d[oes] somehow keep the hunger pangs at ba[y]. I drank water throughout the day and s[tayed] out of the kitchen. Before starting the I was weighing in at 113 pounds. The day when I weighed myself, I was weig[hing] in at 109.5 pounds. That was only day I still had Sunday to go. By the end of diet, I went from 113 pounds to 106 po[unds]. I feel better, my clothes fit better, and I feel as bloated and puffy. I ordered tw[o] these in hopes that it would work so t[hat] I could do it again later. I am glad I d[id]*

*Suzanne.*

*—Results not typical—*

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# uying Information

tinued from page 137

re Designs (address above). **Pots on stove,** Le Creuset—ems-Sonoma, 800/541-2233. **Towel rack**—Restoration ware, 888/243-9720; restorationhardware.com. **Mixer, e, dishwasher**—KitchenAid Home Appliances, 800/422 ; www.kitchenaid.com. (*Top right*) **light fixture, curtains, ls, slipcovers**—Annie Moore Designs (address above). **ain rods**—Bed Bath and Beyond, 800/462-3966 ; bedbathandbeyond.com. **TV stand**—Crate & Barrel, 123/5461; www.crateandbarrel.com. **Chairs**—Target s, 800/800-8800; www.target.com. (*Bottom right*) **chan-r, mercury glass balls, draperies**—Annie Moore Designs ress above). **Glass candleholders**—Pottery Barn, 800/922 ; www.potterybarn.com. **Buffet**—Lexington Home ds, 800/539-4636; www.lexington.com. **Rattan chairs**—ry Barn, 800/922-5507; www.potterybarn.com.

**s 154–155 (*top left*) throw, curtain rod**—Bed Bath and nd, 800/462-3966; www.bedbathandbeyond.com. **Vase**—h & Hawken, 800/776-3336; www.smithandhawken.com. (*Top left*) **window sheers, swing-out curtain rods**—oration Hardware, 888/243-9720; www.restorationhard com. **Chandelier**—Fay's Side Porch, 4129 Macdill Ave., a, FL 33611-1936, 813/805-2770. **Mirror**—Pottery Barn, 122-5507; www.potterybarn.com. **Wall color,** 1051—mmin Moore, 800/826-2623; www.benjaminmoore.com. **(*Center*) mirror**—Pottery Barn, 800/922-5507; www.potterybarn.com. **Towels**—Restoration ware; 888/243-9720; www.restorationhardware.com. e—Annie Moore Designs (address above). **Wash stand**—gton Home Brands, 800/539-4636; www.lexington.com. **(*Right*) wall lights, clock**—IKEA Home Furnishings, 800/434-; www.ikea.com. **Bedskirts, headboard covers, sisal rug**—e Moore Designs (address above). **Duvets**—Bed Bath and nd, 800/462-3966; www.bedbathandbeyond.com.

**158 (*top*) wooden boxes on shelf**—IKEA Home Furnish-800/434-4532; www.ikea.com. **All other items**—antique, ntinued, or personal belongings

**ble-Free Hideaway**

**161: windows**—Andersen Windows, Inc.; 800/426-4261; andersenwindows.com. **Exterior stain** (Cape Cod )—Cabot Stains, Samuel Cabot, Inc., 100 Hale St., Newport, MA 01950; 800/877-8246. **Shingle siding,** "Certi-e Cedar"—Riverhead Building Supply Corp., 1093 Pulaski liverhead, NY 11901; 800/378-3650. **Entry door,** "Master-"(#1662)—Simpson Door Co., 400 Simpson Ave., P.O. Box McCleary, WA 98577; 800/952-4057. **Paint on door** )—Benjamin Moore & Co.; 800/826-2623; or on the Web ww.benjaminmoore.com. **Coach lantern,** "Berkeley "—Rejuvenation Lamp & Fixture Co., 2550 NW. Nicolai ortland, OR 97210; 888/343-8548 for catalog; 888/401-; www.rejuvenation.com

**s 162–163: sofas,** "Hickory Mark"—Huffman Koos, 1919 35, Wall Twp., NJ 07719; 732/449-3835. **Coffee table, red tables**—IKEA; 800/434-4532; www.IKEA.com. **Sconce fix-h, "St. Helens"**—Rejuvenation Lamp & Fixture Co. (ad-s above). **Custom mosaic accent tiles on fireplace ound**—Terra Designs, available through Fancy Fixtures, Port Washington Blvd., Port Washington, NY 11050; 67-3500. **Print over fireplace, table lamp**—no source. **Milk s items**—homeowner's collection. **Mantel moldings,** ie and Cone" (#12D153); "Sprung Crown"(#12D175)—rhead Building Supply Corp. (address above).

**s 164–165 (*left*): windows and patio door**—Andersen dows, Inc. (address above). **Cabinets and countertops**—ntwaters Cabinets, 278 Orinoco Dr., Brightwaters, NY 8; 631/665-2466. **Range**—GE Appliances, GE Answer er; 800/626-2000. **Island sink**—Eljer Plumbingware, Inc., 1 Quorum Dr., Dallas, TX 75240; 800/435-5372; eljer.com. **Faucet**—Delta Faucet Co., 55 E. 111th St., napolis, IN 46280; 800/345-3358; www.deltafaucet.com. **net hardware**—Restoration Hardware; 888/243-9720; restorationhardware.com. **Custom mosaic tile**—Terra gns; available through Fancy Fixtures (address above). **tile,** "Subway" (White)—Riverhead Building Supply (address above). **Bar stools**—Home Depot U.S.A., Inc.; 800/553-3199; www.homedepot.com. **Recessed lights**—Halo by Cooper Lighting, 1121 Hwy. 74 S., Peachtree City, GA 30269; 770/486-4800; www.cooperlighting.com. **Milk glass items**—homeowner's collection. (*Top right*) **deck furniture**—no source. (*Bottom right*) **table and chairs**—All Wood Furniture, Inc., 393 Jericho Tpk., Mineola, NY 11501; 516/741-2600. **Table cloth**—no source

**Pages 166–167 (*top right*): tables**—IKEA; 800/434-4532; www.IKEA.com. **Sheets,** "Woven Stripe Percale" (#0282 Lemon)—Garnet Hill Catalog, 231 Main St., Franconia, NH 03580; 800/622-6216. **Table lamp, bed**—no source. (*Bottom right*) **pedestal lavatory**—St. Thomas Creations, 1022 W. 24th St., Ste. 125, National City, CA 91950; 619/474-9490. **Floor tile**—Porcelanosa/Venis, 1970 New Hwy., East Farmingdale, NY 11735; 631/845-7070. **Light fixture,** "Pendleton"—Rejuvenation Lamp & Fixture Co. (address above). **Towels,** "Rhapsody Royal" (#1549 Sky)—Garnet Hill Catalog (address above). **Wainscot**—Riverhead Building Supply Corp. (address above). (*Left*): **balusters, handrail, newel**—L.J. Smith Stair Systems, 35280 SC10-Bowerston Rd., Bowerston, OH 44695; 614/269-2221. **Ceiling fan**—Casablanca Fan Co.; 888/227-2178. **Wall paint** (Linen White); **trim paint** (Decorator White)—Benjamin Moore & Co.; 800/826-2623; www.benjaminmoore.com. **Coverlets,** "Maria Matelasse" (#1364 White); **shams,** "Maria Matelasse" (#1365 White); **throw rug,** "Cutting Garden Chenille" (#0972 Buttercup)—Garnet Hill Catalog (address above). **Pillow cases,** "Royal Velvet Ultra Soft 275" (#0681 Wisteria)—Fieldcrest Cannon, 800/841-3336; or on the Web at www.royalvelvet.com. **Bed, small chest**—no source.

**Page 168: (1) Windows**—Andersen Windows, Inc.; 800/426-4261; www.andersenwindows.com. **Shingle siding,** "Certi-grade Cedar"—Riverhead Building Supply Corp. (address above). **(2) Chair railing molding**—Riverhead Building Supply Corp. (address above). **Beach glass**—homeowner's collection. **(3)** No source **(4) Custom mosaic tile**—Terra Designs through Fancy Fixtures (address above). **White tile,** "Subway"— Riverhead Building Supply Corp. (address above). **(5) Coach lantern,** "Berkeley Hills"—Rejuvenation Lamp & Fixture Co. (address above).

## architects & designers

**Fresh-Angle Kitchen**

**Pages 64–66: architect**—Roger Utt, Architect, AIA, 4010 S. Hempstead Cr., San Diego, CA 92116; 858/281-3289. **Contractor**—James F. Lutes Construction, Inc., 1071 Guizot St., San Diego, CA 92107; 619/225-0822. **Interior designer**—Leigh Adkins Designs, 5622 Rutgers Rd., La Jolla, CA 92037; 619/454-0524.

**Before-and-After Front Porch**

**Pages 70–72: builder**—Carey Smith, 4446 Flint Hill, Rd., Austell, GA 30106; 770/745-1011

**Entry Upgrades**

**Page 76: porch overhang designer**—Kathy Kremer, Building Designer, 1040 Oak Terrace, Lake Oswego, OR 97034; 503/636-1977. **Brickwork, steps, and porch base designer**—Bill Sanders, Dennis' Seven Dees Landscaping, Inc., 7355 SE Johnson Creek Blvd., Portland, OR 97206; 503/777-7777.

**Page 78: architect**—Carolyn Geise, FAIA, Geise Architects, 81 Vine St. Ste. 202, Seattle, WA 98121; 206/441-1440.

**Page 80: architect**—Stephanie Gaines, Curts Gaines Hall Architecture, 1213 E. Sixth Ave., Tampa, FL 33605; 813/228-8000. **Builder/finished carpenter**—Dennis Witmer, Witmer Specialties, P.O. Box 7590, Sarasota, FL 34278; 941/650-5533. **Painter for stain and pickling**—Kevin Walsh, Walsh Decorative Painting, 7826 N. Leewynn Ct., Sarasota, FL 34240; 941/355-0300.

**Page 82: architect**—Roger Utt, Architect, AIA, 4010 S. Hempstead Cr., San Diego, CA 92116; 858/281-3289. **Contractor**—James F. Lutes Construction, Inc., 1071 Guizot St., San Diego, CA 92107; 619/225-0822. **Interior designer**—Leigh Adkins Designs, 5622 Rutgers Rd., La Jolla, CA 92037; 619/454-0524.

**Casting Shadows**

**Pages 84–92: designer**—Kathleen Donahue, Neil Kelly Co., 804 N. Alberta, Portland, OR 97217; 503/288-7461; or on the Web at www.neilkelly.com. **Landscape designer**—David Arthur, Kyoto Gardens Landscaping, 1207 SW. Nevada, Portland, OR 97219; 503/452-7862.

**Best Face Forward**

**Pages 124–127: garden designer**—Jim Duggan, Encinitas Gardens, 1452 Santa Fe Dr., Encinitas, CA 92024.

**Hassle-Free Hideaway**

**Pages 161–168: architect**—Patricia O'Neill, 257 Circle Dr., Plandome Manor, NY 11030; 516/365-1799. **General contractor**—Samuel A. Wood and Co., Inc., P.O. Box 23, Bridgewaters, NY 11718; 631/583-8784.


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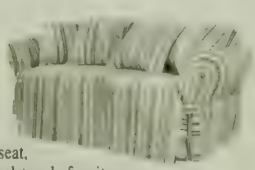
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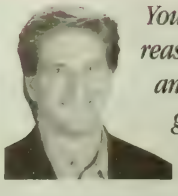
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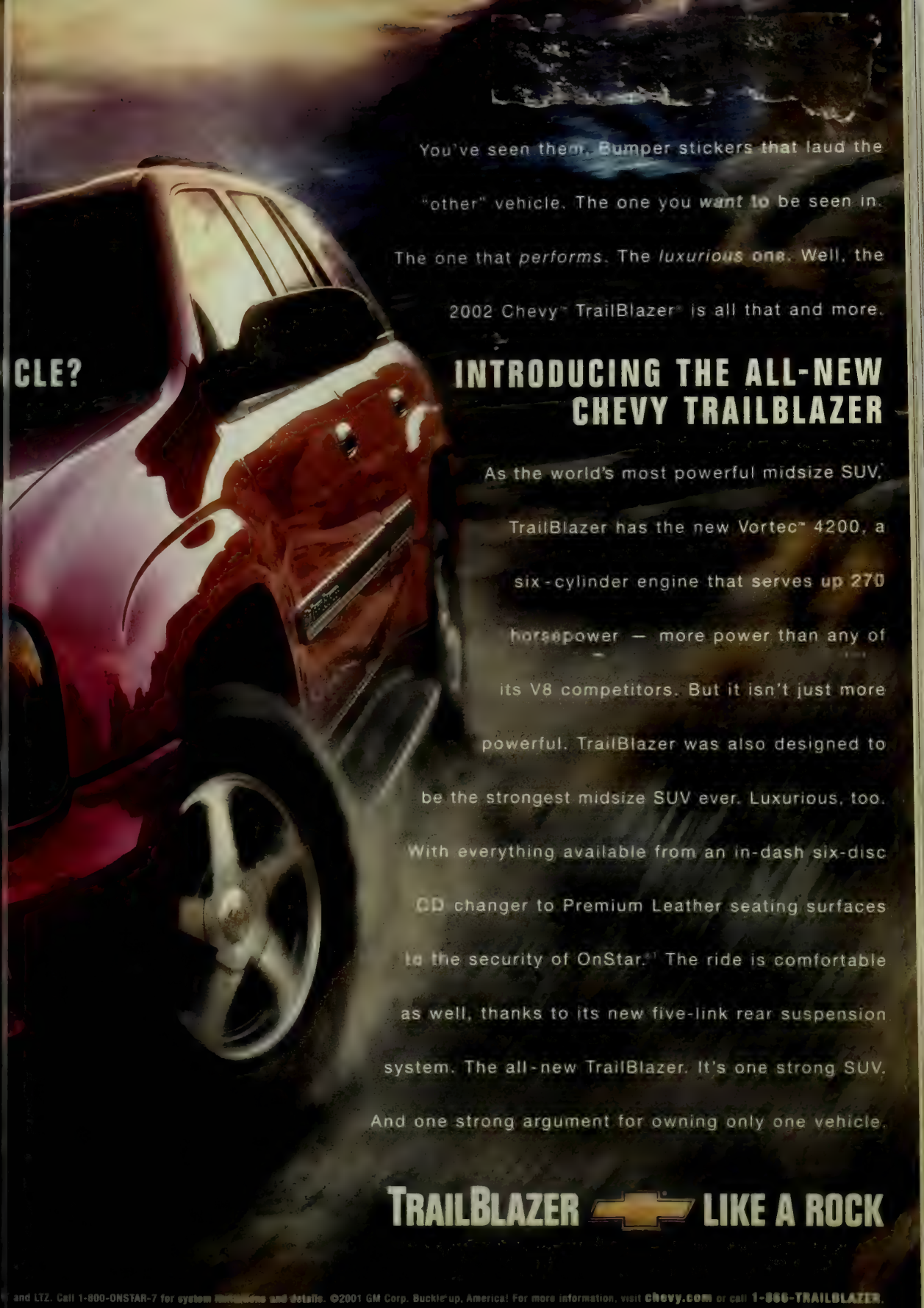
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2. When your doctor writes a prescription, make sure you can read it and that you fully understand what it's for. Be sure you know exactly when and how to take it and that you are aware of any potential side effects your medication may cause.

3. When you pick up your medicine from the pharmacy, ask the pharmacist to confirm that it is the medicine and the dosage that your doctor prescribed.

4. If you have a test, be sure to call and get the results. No news is not necessarily good news.

5. If you need to stay at a hospital and you have a choice, choose one where many patients have had the procedure or surgery you need.

6. If you're having surgery, be sure that your health care team agrees on exactly what will be done to exactly which part of your body. Having the surgeon mark the site to be operated on is a good idea.

7. When being discharged from a hospital, ask your doctor or health professional to thoroughly explain the treatment plan you will use at home, review your medications and coordinate your follow-up visit.

8. Speak up if you have questions or concerns and don't be shy about asking your doctor or nurse for more information from reliable sources. Good health professionals value the relationships they have with their patients.

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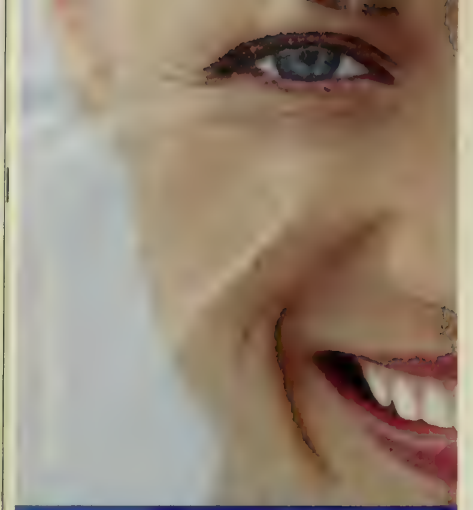

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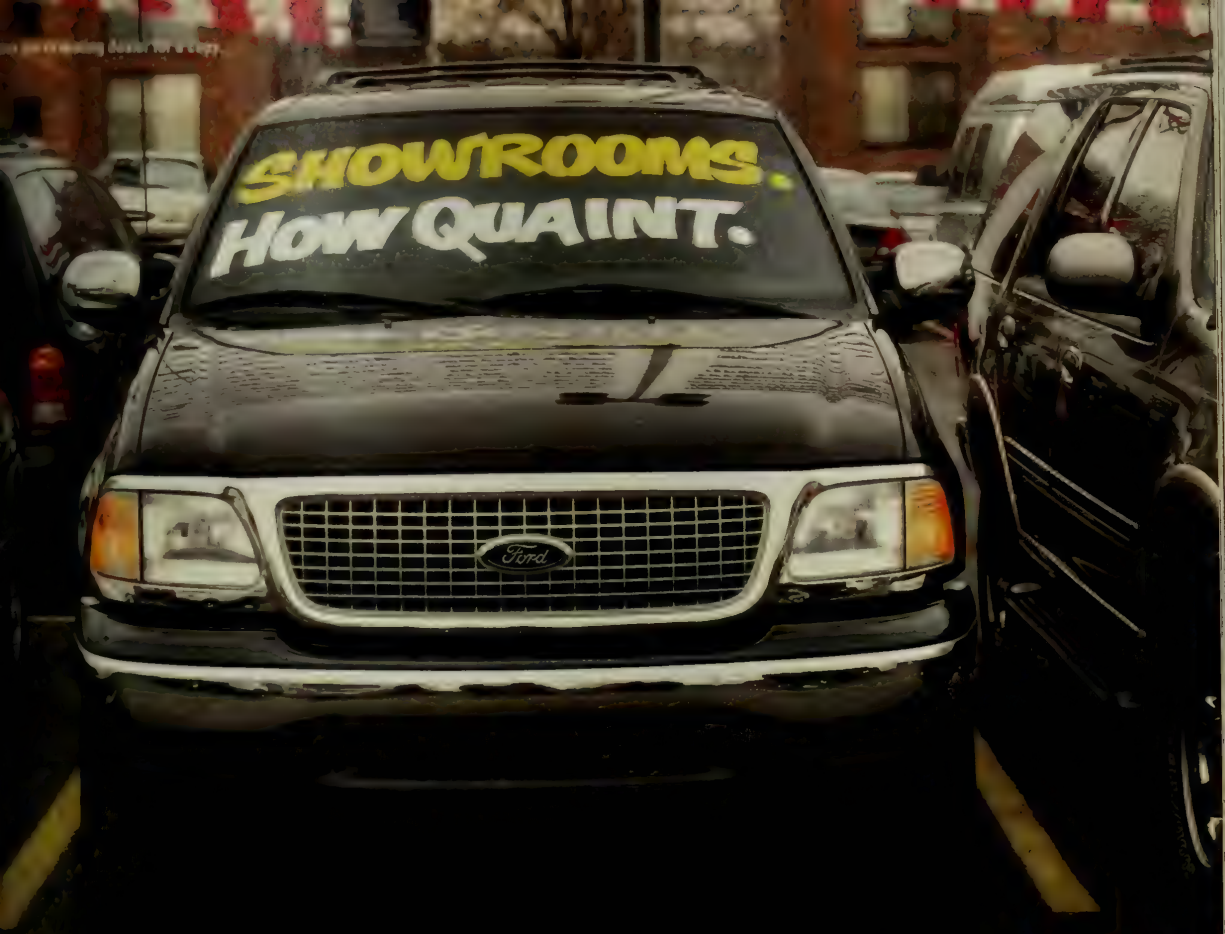
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*BH&G*® magazine readers are enthusiastic home remodelers, which makes our Home Improvement Contest so inspiring. To see who won the most recent contest, check out the winners' list online. Then, starting with the magazine's February 2002 issue, see our readers' winning projects. Details for the next Home Improvement Contest can been seen in that issue or at our Web site.
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# BH&G TV

It's hard to believe that August is already here! Summer is almost ha over, children will soon be going back to school, and—believe it o not—some birds are getting ready to fly south for the winter. Th *Better Homes and Gardens*® Television production crew and hos Jeanette Trompeter are also preparing to fly south ... and north east, and west ... to bring you some of the country's most interesting chefs. They'll share delicious recipes and entertaining ideas that are sure to add sizzle to your summer. And, along the way, you'll also discover great gardening, landscaping, and decorating ideas to help brighten up your home.



**Weekend of August 4–5**. With more than 90 restaurants serving up tangy, saucy, slow-cooked meats, **Kansas City** might be the barbecue capital of the world. Come along as Jeanette grills up strip steaks with the "Que Queens." And, if you want more space for plants, gardening expert Chris Dawson shows how to make terrific trellises for your house, garage, or shed.

august

**Weekend of August 11–12.** Mention **Vermont** and the first thing many people think of is maple syrup. Jeanette visits Vogel Farms to help owner Virginia Vogel bake a tantalizing home-style apple-and-maple upside-down cake. Yum! Then, Chris dips into his vast knowledge of water gardens. Also, see how to make beautiful green bouquets with foliage from your backyard.

**Weekend of August 18–19.** People from all over the world travel to the Sonoma Mission Inn & Spa in **Sonoma, California,** to rejuvenate mind, body, and spirit. And so did we. Jeanette helps Toni Robertson, the spa's executive chef, make an incredibly healthful dinner. Out in the garden, explore the tasty possibilities of mini tomatoes.

**Weekend of August 25–26.** Jeanette goes dockside in **Maine** as she learns to easily pick meat from a lobster—it's a neat trick—during preparation of an amazing lobster lasagna with fresh asparagus. Finally, inspiration takes wing as you see how to create a colorful butterfly garden. Discover secrets to luring some of nature's most wondrous creatures into your yard.

Check your local TV listings for the *Better Homes and Gardens*® weekly television show. For more information and a recap of subjects from previously aired episodes, visit our fun and informative Internet site at www.bhg.com or type in AOL Keyword: BHG.


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ANDY LYONS

Of all the millions of words I've written and spoken as a mother, homeowner, or magazine editor, "good-bye" is the hardest one to spit out. It sticks in my throat, cramps my fingers at the keyboard, and creates a 10-pound lead weight in my heart.

I remember trying to suppress tears when I sent my daughter Becky bouncing off to summer camp for the first time. "Good-bye" hurts.

I remember driving away from my childhood home for the last time and thinking of all the memories created there. That "good-bye" hurt too.

Now, I've chosen to say "good-bye" to the very best job in the publishing business, to a magazine that has been an institution for American families for 79 years, and to a staff that is, unquestionably, one of the most talented ever assembled. But the thing that tugs at my heart most is leaving you, my *Better Homes and Gardens*® readers and friends. Even if we haven't met personally, I've thought of all of you as friends.

And, finally, I can tell you a long-held secret. Not once have I written this "Between Friends" column in the office where I wear the mantle of Editor in Chief. My conversations with you have always been written at home, where I am just another homemaker, mother/grandmother, gardener, errand-runner. It's here that I'm the real "me." Here, you and I have connected because I live the same kind of life you do.

So, thank you for letting me come into your home to chat with you for a few minutes each month. I've enjoyed that very much.

But from here on, I'm going to enjoy, full-time, my darling grandson Noah and all my favorite pursuits. And when I'm gardening, I will actually have time to smell the roses. Still, I will miss all of you.

Because this is hard to say, I'll just whisper it: *Good-bye.*

Jean

**Jean LemMon,** *Editor in Chief*


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### Create back-to-school fun bags

Every year I make First Day Fun Bags for my children's first day of school. After decorating white paper lunch bags with stickers and bright ribbon, I fill them with little gifts. I also insert a silly poem that I've composed about school and the gift surprises. Once we even held a back-to-school sleepover, and I made these bags for all the guests.

Vicki Watson
Columbus, Ohio

### Decorative wall border recalls old friends

Create keepsakes to recall all the close friends you leave behind when you move away. Buy a roll of border wallpaper in a repeating pattern—I chose a house print. Cut out each print, and ask one person from each family to write a note on it in dark, permanent ink. I painted the laundry room of my new home in colors to complement the cut-outs, pasting the houses at eye level in a "broken" row around the room.

Susan J. Haight
Hancock, Mich.

### Photos become gift tags

When preschoolers go to a birthday party, use his or her photographs for the gift cards—choosing photos that aren't quite picture album material. I make comic strip "dialogue balloons" with white adhesive paper for the "to/from" information and a birthday message. These tags eliminate any confusion about who gave the gift.

Kathie Rosenblatt
Springfield, Va.

### Entertaining children on long trips

I was dreading a long trip from California to Michigan because I knew time would pass slowly for my kids. To prevent boredom, I purcha and wrapped enough gifts so e child could open one as we cros each state line. I'll never forget wh I heard one of them say, "It's only miles to Iowa!"

Cindy Muehlenb
Bass Lake, C

### Raffle settles squabbles

Last summer four of our grandch dren stayed with us for a mon Every time we got in the car th would fight over where to sit solved the problem by assigning ea seat a number. Before getting they'd have to draw a number out a cup. They felt like it was a gam and the fights stopped.

Barbara C
Ellsinore, M

### Best friends gather for monthly cooking day

My best friend and I get togeth once a month for a cooking day. W cook and freeze enough meals give each other a couple of "fr from cooking" nights a week. The we sit down and plan the ne month's cooking day, so we ca watch for sales in the coming week

Tamra McClell
New Madrid, M

#### WRITE TO US

Do you have an innovative solution to a problem in your family, neighborhood, or community? Family Network would like to hear from you. Write to: Family Network, *Better Homes and Gardens*® Magazine, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of *Better Homes and Gardens* magazine. We will pay $50 for each idea published, if you provide your Social Security number.



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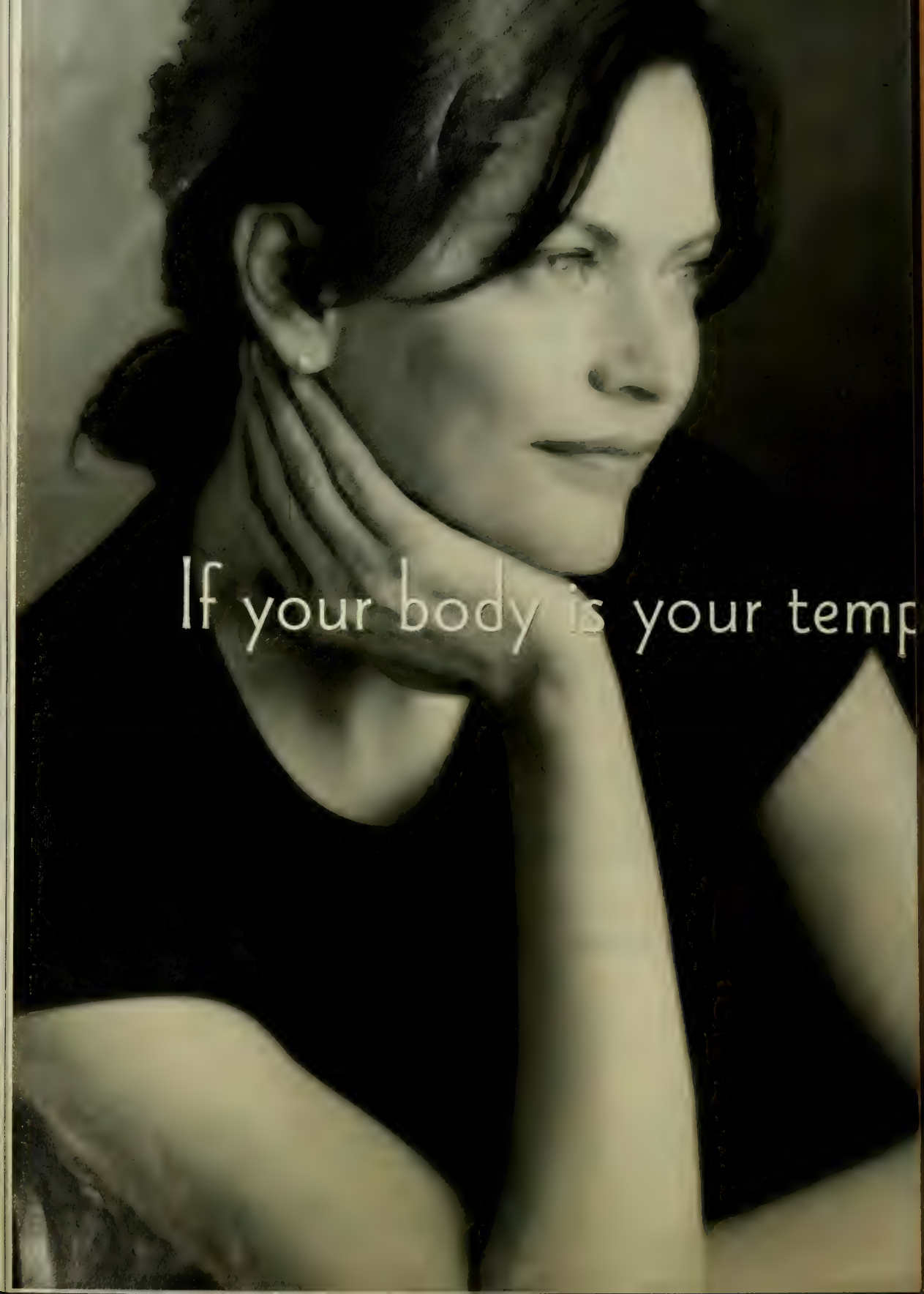
## Geez, I could stand to lose a few pounds, thought Maxine.

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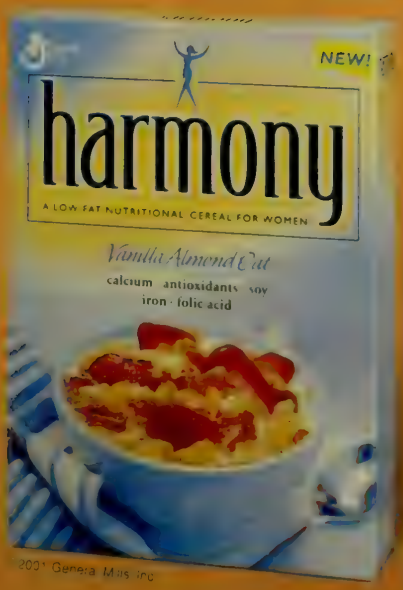
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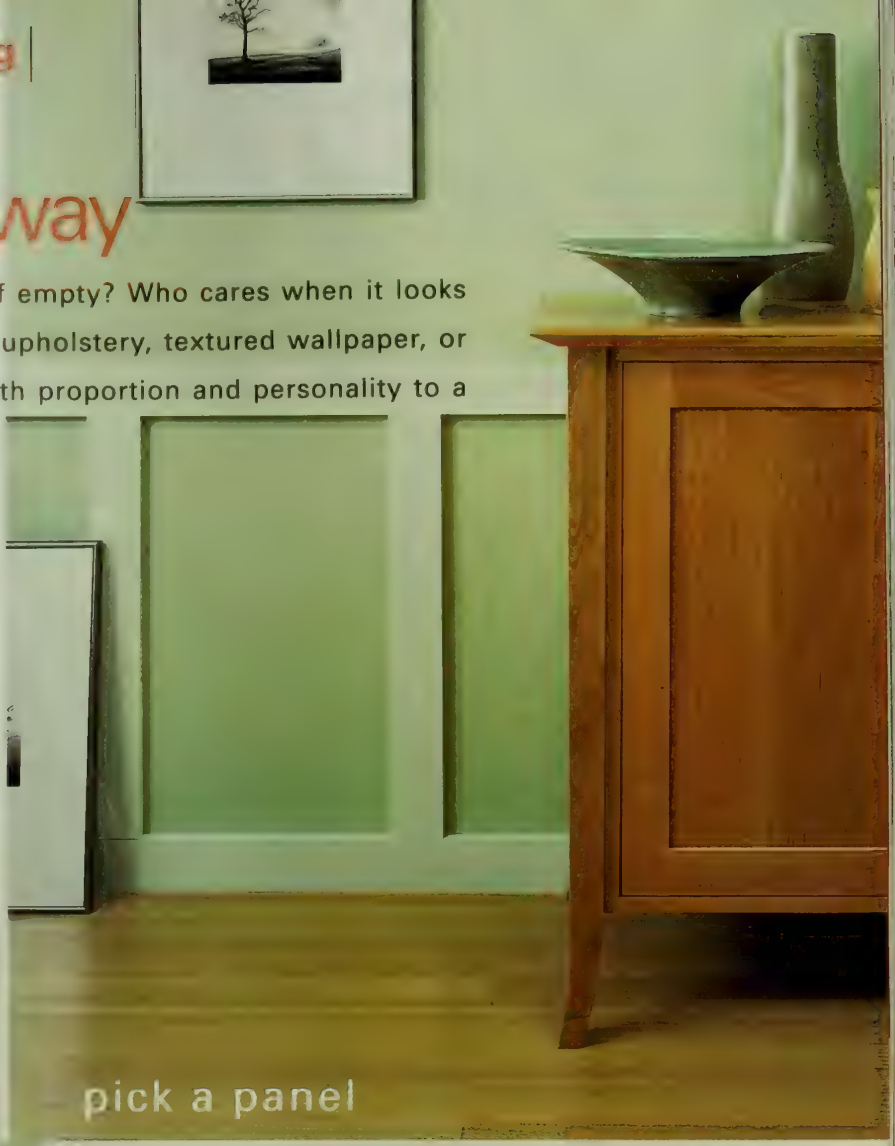


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# Going halfway

this wall half full or half empty? Who cares when it looks great. Wooden panels, upholstery, textured wallpaper, or enciling on walls add both proportion and personality to a ain, boxy room.



**Walls and boards are rarely perfectly straight, so small gaps between the horizontal and vertical pieces are likely. Fill any open spaces with wood filler or paintable caulk, and touch up the area with paint.**

## pick a panel



Give your rooms a sense of history and tradition, board by board, using stock lumber and these easy instructions. If possible, remove the existing baseboard and make any needed repairs to the wall underneath. Paint the entire wall. Cut 1×4 pine boards for the baseboard and chair rail, piecing the boards as needed and butting joints at the corners. After cutting, paint the boards a slightly lighter color than the walls. Then, glue and nail the baseboard at floor level and the chair rail at roughly one-third the wall height, making sure it is level. Divide the wall into even increments and cut 1×4 boards to fit between the baseboard and chair rail. If the measurement between the boards is not even, make adjustments at the corners. Paint the vertical boards. Glue and nail them in place, using a level to make sure they are upright. Countersink the nails and fill nail holes. Touch up with paint.

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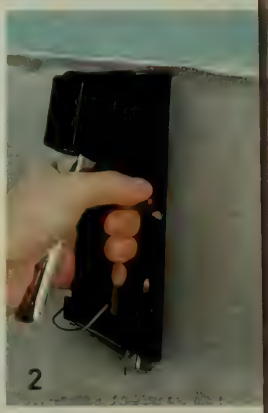
## be a softie

Padded walls never looked so appealing. Create this soft and sound-absorbing treatment with quilt batting; slightly textured fabric, such as linen; and buttons. Remove any existing baseboard or other trim. Draw a level line 30 to 34 inches from the floor. Using a staple gun and ¾-inch staples, tack the top edge of 12-ounce polyester quilt batting to the wall every 1 to 2 inches (photo 1). Pull the batting taut, and make sure there are no gaps where sheets join. Repeat for the bottom and sides, taking care not to distort the batting. Cut the fabric to fit the wall. Avoid piecing, if possible, unless the seam line falls at a corner. Staple the fabric to the wall in the same manner as the batting (photo 2). Install baseboard and chair-rail molding over the fabric and batting raw edges. Apply narrow molding over the side edges.

continued on page 26

**To tuft the fabric-covered wall, start at one end and divide the vertical length in fourths, marking the ¼ and ¾ points. Use a level to keep the marks plumb. Move over 12 inches and mark the ½ point. Repeat for the rest of the wall. Place two staples in an "X" at each mark. Glue a button over the staples with hot glue or fabric glue (photo 3).**


1


2


3

# Because research shows, kids get bigger.




2/3 more. All natural. Thirst quenching.

continued from page 24



## in the groove

Replicate the look of embossed plaster or tin using wallpaper and a glazed finish. Paint the entire wall, then mark a level line 30 to 34 inches from the floor. If your wallpaper has a specific pattern, such as the grid shown here, adjust this line to fit the wallpaper pattern. Hang the wallpaper from the line down, according to the manufacturer's directions. Mix two parts paint to one part glaze, and apply it to the wall as shown at *right*. (Latex paint and glaze will clean up easier, but oil-base paint and glaze give you a longer and more flexible working time.) After the paint dries, apply a narrow row of ceramic tile trim to the upper line with hot glue or construction adhesive.

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For more decorative paint techniques, visit our Web site at www.bhg.com/extra

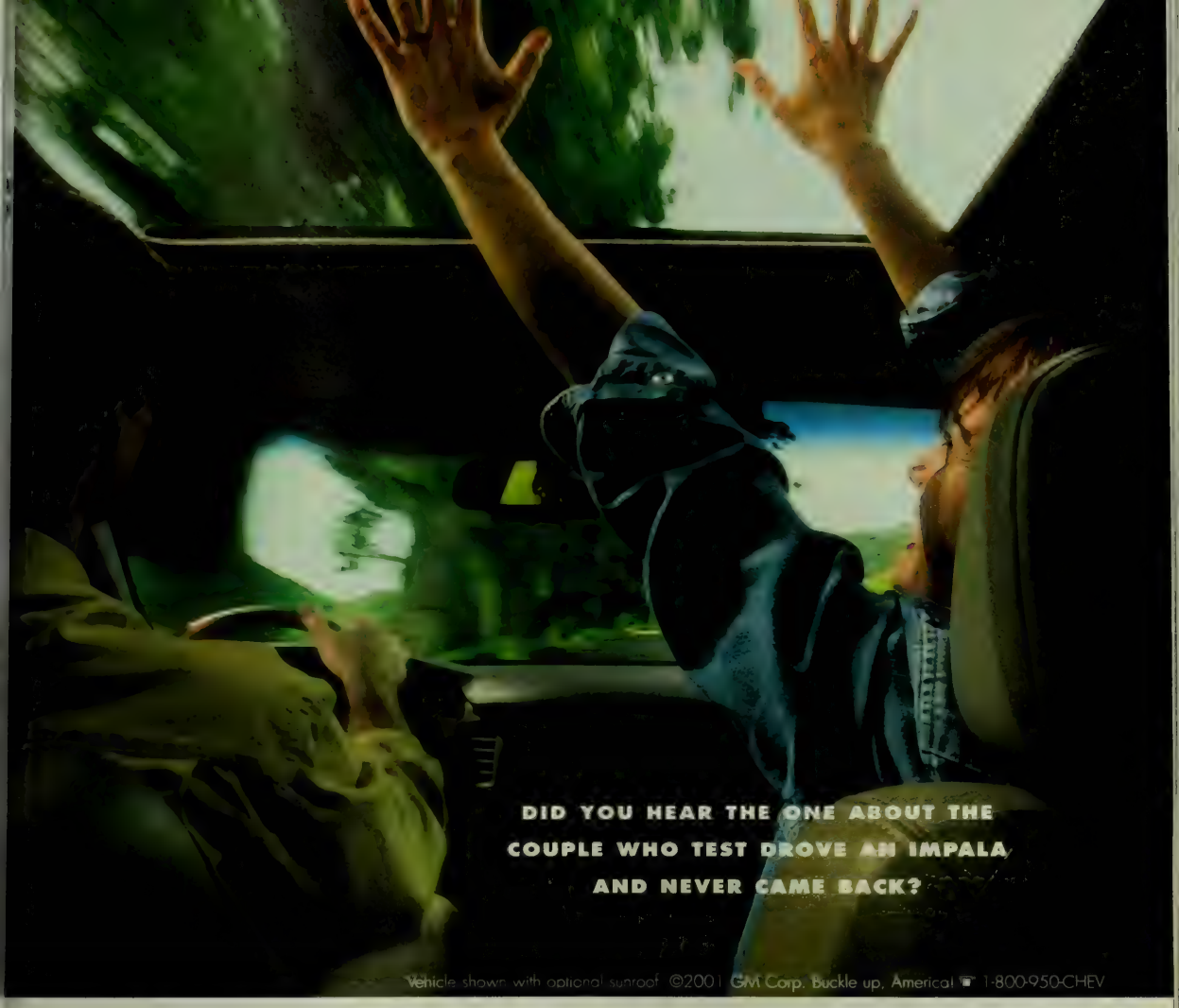
**1. Apply the paint with a damp rag, rubbing it into the crevices. 2. While the paint is wet, wrap another clean damp rag around a paint stir stick to create a squeegee. 3. Run the stir stick over the surface, removing the paint from the raised areas but leaving it in the crevices. Change or rinse the rag as it becomes paint saturated.**












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continued from page 26




# spell it out

Wear your heart on your wall with a stencil that extends a warm welcome. Precut stencils are available at crafts and home decorating stores. Or make your own by cutting a phrase from solid sheets of stencil plastic or taping together individual letters of alphabet stencils. Paint the entire wall. Mark a level line 28 inches from the floor. Run a row of 1-inch-wide low-tack painter's tape along the line and paint the lower half of the wall a contrasting color. Let the paint dry. Using the top of the tape as a guide, position your stencil along the wall using painter's tape or spray stencil adhesive. Stencil the letters as described *above*, *right*. The letters shown here are 5 inches tall, bringing the design to 34 inches (standard chair-rail height). ⌂

**Use acrylic crafts paint or cream-style stencil paint and a stencil brush to make the design. Load the tip of the brush with a small amount of paint. Tap the brush onto a paper plate to remove most of the paint. Using very little paint and a pouncing motion, paint through the opening of the stencil. Reload brush as needed. When the design is finished, carefully peel away the stencil.**



To order Alphabet Stencils, see *page 30*

Buying information, page 148




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l people who have allergies have both and outdoor allergies but not all allergy tions are approved to treat both. Among g prescription antihistamines, only (cetirizine HCl) is FDA-approved to treat und indoor allergies like mold and dust r door allergies like trees and ragweed. And last for 24 hours. So find splendor in the in the house or wherever you are. Talk to ctor for more information about Zyrtec

rtec studies, side effects were mild or ate including drowsiness, fatigue and dry mouth in adults. Drowsiness occurred in between 11% and 14% of adults, depending on dose, compared to 6% taking placebo. In children, headache was the most common side effect. Others included sore throat and stomachache. Drowsiness occurred in 2% and 4% of children, depending on dose, compared to 1% taking placebo.

To learn more about Zyrtec, call **1-800-4-ZYRTEC ext. 1018**, visit us at **www.zyrtec.com/rebate**, or send for more information.

ZYRTEC
cetirizine HCl

**Lots of allergies. Just one Zyrtec.**

* and conditions apply. Please see important information about ZYRTEC 5-mg and 10-mg tablets and 1-mg/mL syrup on the adjacent page

ZYRTEC cetirizine HCl

For Seasonal and Year-round Allergies and Chronic Idiopathic Urticaria. Due caution should be exercised when driving a car or operating potentially dangerous machinery.

**BRIEF SUMMARY ZYRTEC® (CETIRIZINE HYDROCHLORIDE) TABLETS AND SYRUP FOR ORAL USE**
**(FOR FULL PRESCRIBING INFORMATION, CONSULT PACKAGE INSERT)**

**CONTRAINDICATIONS** ZYRTEC ... hypersensitivity ... cetirizine ... hydroxyzine ...

**PRECAUTIONS Activities Requiring Mental Alertness:** ... clinical trial ... ZYRTEC ... driving a car or operating potentially dangerous machinery ... ZYRTEC ... other CNS depressants ... CNS depressant effects ... **Drug-Drug Interactions:** ... theophylline ... erythromycin ... azithromycin ... pseudoephedrine ... cimetidine ... erythromycin ... ketoconazole ... azithromycin ... theophylline ... ZYRTEC ... **Carcinogenesis, Mutagenesis and Impairment of Fertility:** ... two-year carcinogenicity study ... cetirizine ... maximum recommended daily oral dose ... mg/kg ... basis ... approximately ... times ... maximum recommended daily oral dose ... adults on a mg/m² basis ... two-year carcinogenicity study ... mice ... cetirizine ... maximum recommended daily oral dose ... mg/kg ... approximately ... times ... maximum recommended daily dose ... adults on a mg/m² basis ... No increase in the incidence of liver tumors ... mice at a dietary dose of ... mg/kg ... approximately ... times ... maximum recommended daily dose ... adults on a mg/m² basis ... Two additional studies ... rats ... dietary doses ... mg/kg ... approximately ... times ... maximum recommended daily dose ... adults on a mg/m² basis ... These findings ... long-term use ... ZYRTEC ... not known ... Cetirizine ... negative ... Ames test ... in vitro test ... mammalian mutagenicity assay ... Cetirizine ... not clastogenic ... micronucleus test ... mice ... Cetirizine ... not genotoxic ... in vivo ... in vitro ... rats ... rat hepatocyte ... Cetirizine ... not ... reproduction ... fertility ... rats ... dietary doses ... mg/kg ... approximately ... times ... maximum recommended daily oral dose ... adults on a mg/m² basis ... **Pregnancy Category B:** ... mice ... rabbits ... cetirizine ... teratogenic at oral doses up to ... mg/kg ... respectively ... approximately ... times ... maximum recommended daily oral dose ... adults on a mg/m² basis ... There are no adequate and well-controlled studies ... pregnant women ... Because animal studies are not always predictive of human response ZYRTEC ... used ... pregnancy ... clearly needed. **Nursing Mothers:** ... mice ... cetirizine ... concentrated ... milk ... oral administration ... dose ... mg/kg ... approximately ... times ... maximum recommended daily oral dose ... adults on a mg/m² basis ... Studies ... humans ... not ... that appreciable ... ZYRTEC ... dose ... excreted in milk ... Cetirizine ... reported ... be excreted in human breast milk ... Because many drugs are excreted ... human milk ... use of ZYRTEC ... nursing mothers ... not recommended. **Geriatric Use:** ... total number of patients ... clinical studies ... ZYRTEC ... 186 patients were 65 years and older and 39 patients were 75 years and older ... overall differences in safety ... observed between these patients and younger patients ... but greater sensitivity of some older individuals cannot be ruled out ... With regard to the early clinical studies of ZYRTEC ... approved indication did not include sufficient numbers of patients aged 65 years and older ... determine whether they respond differently than younger patients ... ZYRTEC ... known to be substantially excreted by the kidney ... the risk of toxic reactions to this drug may be greater in patients with impaired renal function ... Because older ... patients are more likely to have decreased renal function ... care should be taken in dose selection ... and it may be useful ... monitor renal function. **Pediatric Use:** ... The safety of ZYRTEC ... daily doses of 5 or 10 mg ... has been demonstrated in 376 pediatric patients aged 6 to 11 years ... placebo-controlled trials lasting up to four weeks ... in 254 patients ... a non-placebo-controlled 12-week trial ... The safety of cetirizine ... has been demonstrated in 166 patients aged 2 to 5 years ... placebo-controlled trials of up to 4 weeks duration ... A mg/kg basis ... most of the 168 patients received between 0.2 and 0.34 mg/kg of cetirizine HCl ... The effectiveness of ZYRTEC ... the treatment of seasonal and perennial allergic rhinitis and chronic idiopathic urticaria ... pediatric patients aged 2 to 11 years ... based on an extrapolation of the demonstrated efficacy of ZYRTEC ... adults ... these conditions and the similarity of the disease course, pathophysiology and the drugs effects are substantially similar between these two populations. The recommended doses for the pediatric population are based on cross-study comparisons of the pharmacokinetics and pharmacodynamics of cetirizine in adult and pediatric subjects and on the safety profile of use in both adult and pediatric patients at doses equal to or higher than the recommended doses. The cetirizine AUC and $C_{max}$ in pediatric subjects aged 2 to 5 years who received a single dose of 5 mg oral cetirizine syrup and in pediatric subjects aged 6 to 11 years who received a single dose of 10 mg of cetirizine syrup were estimated to be intermediate between that observed in adults who received a single dose of 10 mg of cetirizine tablets and those who received a single dose of 20 mg of oral cetirizine. The safety and effectiveness of cetirizine in pediatric patients under the age of 2 years have not yet been established. **ADVERSE REACTIONS** Controlled and uncontrolled clinical trials conducted in the United States and Canada included more than 6000 patients aged 12 years and older ... more than 3900 receiving ZYRTEC at doses of 5 to 20 mg per day. The duration of treatment ranged from 1 week to 6 months, with a mean exposure of 30 days. Most adverse reactions reported during therapy with ZYRTEC were mild or moderate in placebo-controlled trials the incidence of discontinuations due to adverse reactions in patients receiving ZYRTEC 5 or 10 mg was not significantly different from placebo (2.9% vs 2.4% respectively). The most common adverse reactions in patients aged 12 years and older that occurred more frequently on ZYRTEC than placebo was somnolence. The incidence of somnolence associated with ZYRTEC was dose related (6% on placebo, 11% at 5 mg and 14% at 10 mg). Discontinuations due to somnolence for ZYRTEC were uncommon (1.0% on ZYRTEC vs 0.6% on placebo). Fatigue and dry mouth also appeared to be treatment-related adverse reactions. There were no differences by age, race, gender or by body weight with regard to the incidence of adverse reactions. Table 1 lists adverse experiences in patients aged 12 years and older who were reported for ZYRTEC 5 and 10 mg in controlled clinical trials in the United States and that were more common with ZYRTEC than placebo. **Table 1. Adverse Experiences Reported in Patients Aged 12 Years and Older in Placebo-Controlled United States ZYRTEC Trials (Maximum Dose of 10 mg) at Rates of 2% or Greater (Percent Incidence) ZYRTEC (N=2034) Placebo (N=1612) respectively:** Somnolence 7% vs 6 ... Fatigue 6% vs 5 ... Dry Mouth 5% vs 2 ... Pharyngitis 2% vs 1% ... Dizziness 2% vs 1% ... In addition, headache and nausea occurred more than 2% of the patients, but were more common on placebo patients. Pediatric studies were also conducted with ZYRTEC. More than 1300 pediatric patients aged 6 to 11 years with more than 900 treated with ZYRTEC at doses of 1.25 to 10 mg per day were included in controlled and uncontrolled clinical trials conducted in the United States. The duration of treatment ranged from 2 to 12 weeks. Placebo-controlled trials up to 4 weeks duration included 166 pediatric patients aged 2 to 5 years who received cetirizine, the majority of whom received single daily doses of 5 mg. The majority of adverse reactions reported in pediatric patients aged 2 to 11 years with ZYRTEC were mild or moderate in placebo-controlled trials. The incidence of discontinuations due to adverse reactions in pediatric patients receiving up to 10 mg of ZYRTEC was uncommon (1.4% of ZYRTEC vs 1.0% on placebo). Table 2 lists adverse experiences which were reported for ZYRTEC 5 and 10 mg in pediatric patients aged 6 to 11 years in placebo-controlled clinical trials in the United States and were more common with ZYRTEC than placebo. Of these, abdominal pain was considered treatment-related and somnolence appeared to be dose-related. 13% in placebo, 19% at 5 mg and 4.2% at 10 mg. The adverse experiences reported in pediatric patients aged 2 to 5 years in placebo-controlled trials were qualitatively similar in nature and generally similar in frequency to those reported in children aged 6 to 11 years. **Table 2. Adverse Experiences Reported in Pediatric Patients Aged 6 to 11 Years in Placebo-Controlled United States ZYRTEC Trials (5 or 10 mg Dose) Which Occurred at a Frequency of ≥ 2% in Either the 5-mg or the 10-mg ZYRTEC Group, and More Frequently Than in the Placebo Group. ZYRTEC 5 mg (N=161), 10 mg (N=215) vs placebo (N=309):** Headache 11.0% ... 5 mg 14.0% ... 10 mg 12.3% ... placebo; Pharyngitis 2% ... 5 mg 2.8% ... 10 mg 2.9% ... placebo; Abdominal pain 4.4% ... 5 mg 5.6% ... 10 mg 1.9% ... placebo; Coughing 4.4% ... 5 mg 2.8% ... 10 mg 1.9% ... placebo; Somnolence 1.9% ... 5 mg 4.2% ... 10 mg 1.9% ... placebo; Diarrhea 1.3% ... 5 mg 1.9% ... 10 mg 1.9% ... placebo; Epistaxis 0.7% ... 5 mg 1.9% ... 10 mg 2.9% ... placebo; Bronchospasm 2.1% ... 5 mg 1.9% ... 10 mg 1.3% ... placebo; Nausea 1.9% ... 5 mg 2.8% ... 10 mg 1.9% ... placebo; Vomiting 0.5% ... 5 mg 2.3% ... 10 mg 1.9% ... placebo. The following events were observed infrequently (less than 2% ... in either ZYRTEC ... 12 years and older or ... 65 pediatric patients aged 6 to 11 years who received ZYRTEC in U.S. trials, including ... per day ... 4 months duration. A cause relationship ... these infrequent events with ZYRTEC administration has not been established. **Autonomic Nervous System:** anorexia ... hydrosis, increased salivation ... dry mucous membrane. **Cardiovascular:** cardiac failure, hypertension, palpitation, tachycardia **Central and Peripheral Nervous Systems:** abnormal coordination, ataxia, coma, dysphonia, hyperesthesia, hypertonia, hypesthesia, hypokinesia, migraine, myelitis, paralysis, paresthesia, psychosis, syncope, tremor, twitching, vertigo, vocal cord defect. **Gastrointestinal:** abnormal hepatic function, aggravated liver cancer, constipation, dyspepsia, enteritis, flatulence, gastritis, hematemesis, increased appetite, melena, rectal hemorrhage, stomatitis, vomiting, ... jaundice, laryngeal edema, tongue edema. **Genitourinary:** ... dysuria, hematuria, micturition frequency, polyuria, urinary incontinence, urinary tract infection. **Hearing and Vestibular:** deafness, earache, otitis media, tinnitus. **Metabolic/Nutritional:** dehydration, diabetes mellitus, thirst. **Musculoskeletal:** arthralgia, arthritis, arthrosis, muscle weakness, myalgia. **Psychiatric:** abnormal thinking, agitation, amnesia, anxiety, decreased libido, depersonalization, depression, emotional lability, euphoria, impaired concentration, insomnia, nervousness, paroniria, sleep disorder. **Respiratory System:** bronchitis, dyspnea, hyperventilation, increased sputum, pneumonia, respiratory disorder, rhinitis, sinusitis, upper respiratory tract infection. **Reproductive:** dysmenorrhea, female breast pain, hermaphrodism, impotence, menorrhagia, vaginitis. **Reticuloendothelial:** lymphadenopathy. **Skin:** acne, alopecia, angioedema, bullous eruption, dermatitis, dry skin, eczema, erythema, fixed drug eruption, hyperhidrosis, hypertrichosis, increased sweating, maculopapular rash, photosensitivity reaction, pruritus, petechiae, purpura, rash, Stevens-Johnson syndrome, urticaria. **Special Senses:** abnormal vision, taste perversion. **Vision:** blepharitis, conjunctivitis, eye pain, glaucoma, loss of accommodation, ocular hemorrhage, xerophthalmia. **Body as a Whole:** accidental injury, asthenia, back pain, chest pain, enlarged abdomen, face edema, fever, generalized edema, hot flashes, increased weight, leg edema, malaise, neck pain, pain, peripheral edema, rigors. Occasional instances of transient reversible hepatic transaminase elevations, gamma-glutamyl transferase, alkaline phosphatase and bilirubin, as well as rare reports of hepatitis with cholestasis, similar to those associated with the use of ZYRTEC, have been reported. A causal relationship between these events and ZYRTEC has been established in some, but not all, of these cases. **DRUG ABUSE AND DEPENDENCE** ... **OVERDOSAGE** Overdosage has been reported with ZYRTEC ... In one adult patient who took 150 mg of ZYRTEC, the patient experienced only mild transient drowsiness. No other untoward effects were observed in this patient or in another patient who took 50 mg of ZYRTEC (approximately 180 mg/kg). ... were treated ... by the ... known ... Should overdose occur, treatment should be ... ZYRTEC ... dialyzed ... Cetirizine ... dialyzed ... ZYRTEC ... the dose ... dialyzable ... dose ... dialyzed. The ... dose ... ZYRTEC ... dose ... mg ... dose ... mg ... dose ... mg

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Listerine Essential Care™ Toothpaste does more than fight cavities. It's so effective at killing germs, it can fight plaque and help prevent — even *reverse* — the gum disease gingivitis.

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**For the Good of Your Gums.**

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by
Catherine
Kramer

# Multiplication tables

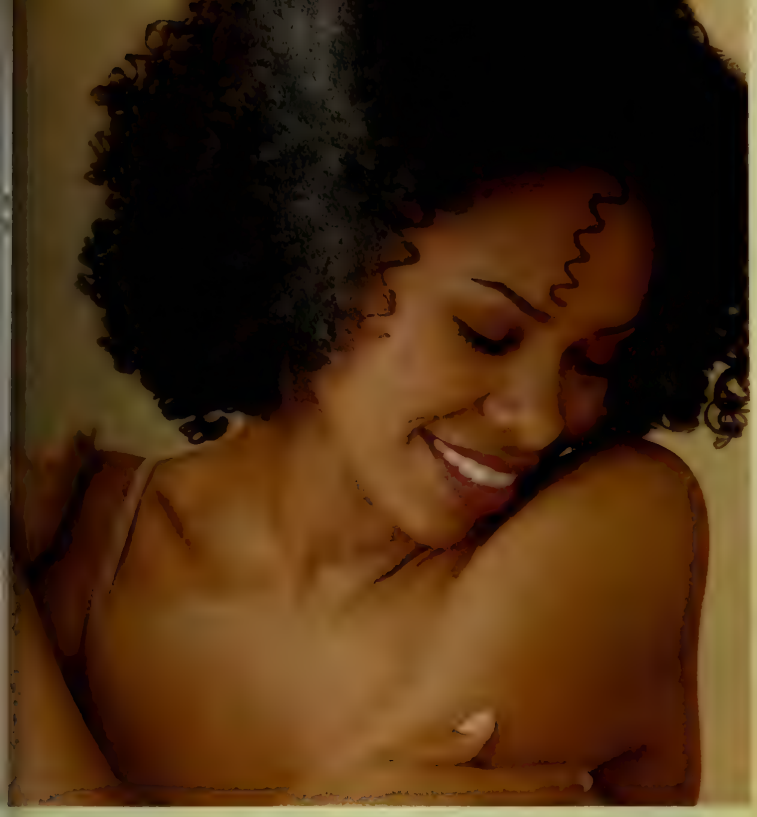
A great find combined with some basic materials equals a dining table with spunk and spirit.



Stick clear rubber spacers—found in the framing section of crafts stores—to the table's corners to keep the glass from slipping.

Find just one star ingredient and you'll be on your way to an inspired table that's niftier than the sum of its parts. On this page, a primitive, worn work table takes the spotlight beneath a thick square of glass. The result? A fresh look that's both rustic and refined. The work table's patina glows under glass, and the lower shelf is on view, making a display space for pottery, flowers, and more. Four-legged tables are the sturdiest choice beneath oversized glass tops. Order ½-inch-thick glass that is 15 inches larger than the table dimensions, which will create knee room. For safety, ask your glass supplier for rounded corners and a beveled edge.

continued on page 34



# nmediate, long-lasting relief for extra dry, itchy skin.

Introducing AVEENO® Skin Relief Lotion with the moisturizing power of natural oatmeal and the soothing benefits of light, cooling menthol. It's a non-greasy formula that protects skin for a full 24 hours. From the name that dermatologists recommend.



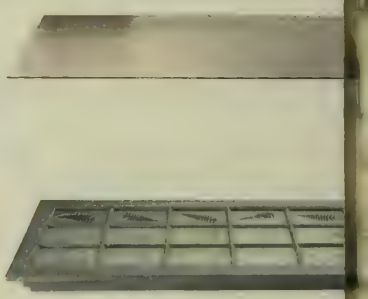

Aveeno®

Discover nature's secret for healthy skin.

# Multiplication Tables

continued from page 32

**Reverse-stencil the glass panes with white glass paint for soft detail. First, make a stencil: Copy and cut out a motif such as our fern leaf. Adhere the motif to the underside of the glass with spray adhesive, paint over it, and lift it off when the paint is dry.**





Translate the beauty of a French door into an architectural table that you'll enjoy everyday. Trim the door to have equal-size edges all around. Leave the glass panes unadorned, or dress them with frosty white reverse stenciling for an etched-in-glass look. Make a level table surface by topping the door with glass cut to fit and set on rubber spacers. Finally, raise the door to table height by attaching legs, then add an apron made from 2×4 lumber. Look for unfinished table legs at a home center or wood shop, or prowl salvage yards and antiques stores for some shapely old head-turners. For a smaller project, turn an old window into a side table.

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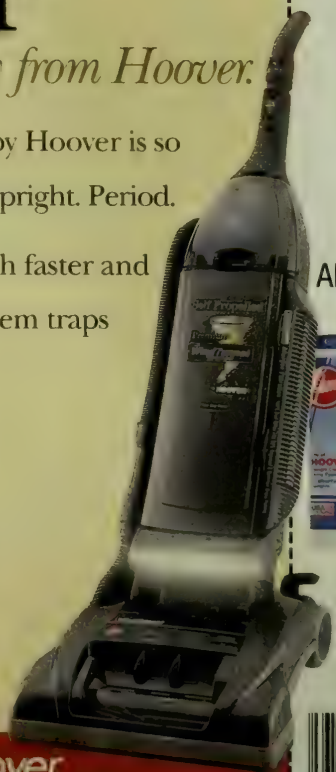

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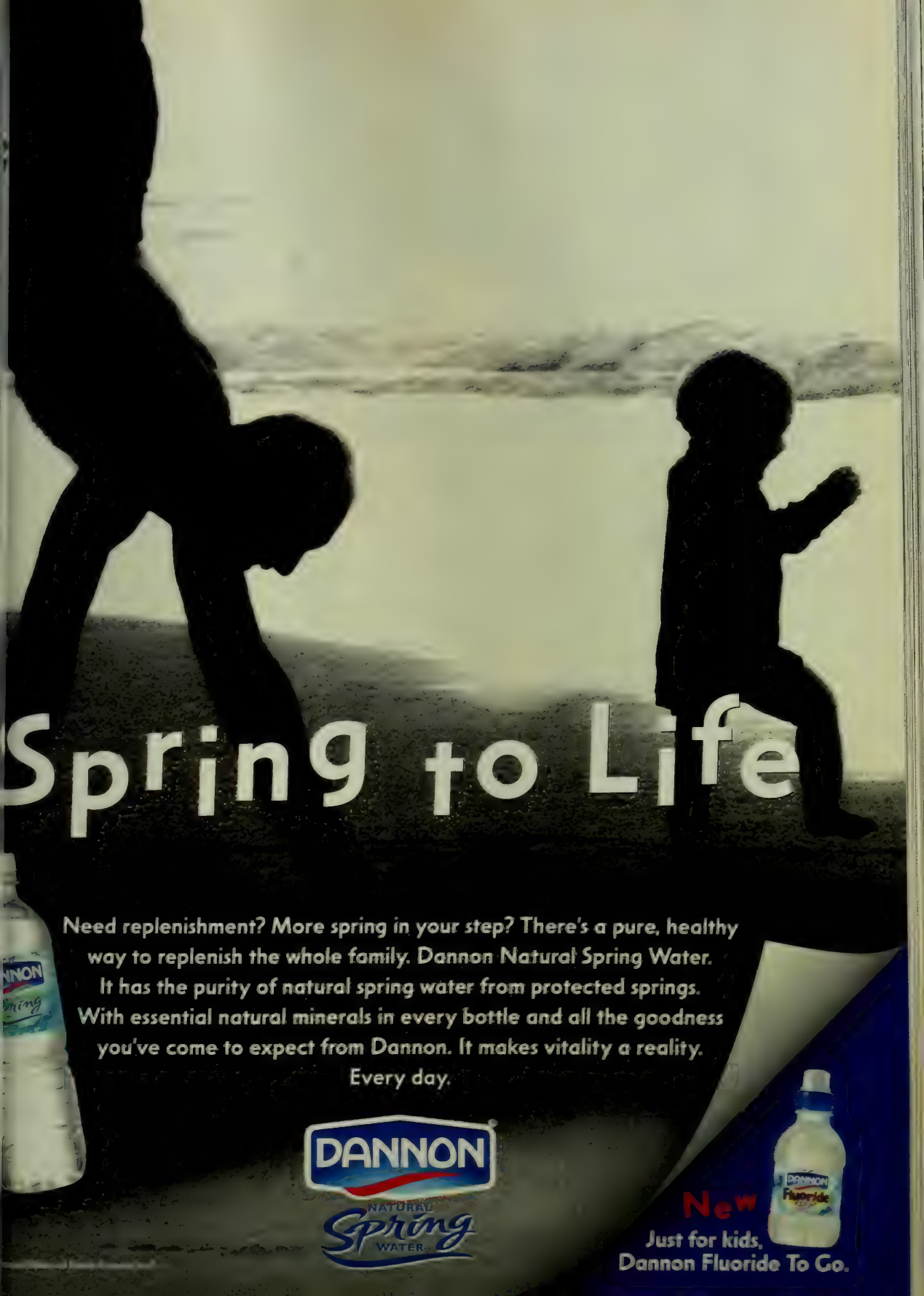


**The barn wood planks that we found for this table were short, so we ran them width-wise, instead of length-wise. For support, two ¾-inch-thick pieces of lumber are attached perpendicular to the planks across the underside of the tabletop.**



Old barn wood makes a tabletop rich with character and texture. Cast-off wood floor planks or paneling that's at least ¾ inch thick will work too. Trim the wood so that each piece fits tightly against the other, forming a square tabletop. Secure the boards to two cross supports of ¾-inch-thick lumber. Plane or sand the surface splinter-free (leaving some of the wood's rough character intact), then attach the top to a trestle base from an unfinished-furniture store. Paint the tabletop and base with glossy white paint for a hard-wearing, wipe-clean finish. It may be necessary to prime the barn wood first so the paint adheres. A coat of polyurethane is extra protection.

Buying information, page 148


Spring to Life
Need replenishment? More spring in your step? There's a pure, healthy way to replenish the whole family. Dannon Natural Spring Water. It has the purity of natural spring water from protected springs. With essential natural minerals in every bottle and all the goodness you've come to expect from Dannon. It makes vitality a reality. Every day.
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by Catherine Kramer

Picked and preserved, delicate pressed flowers and foliage give any spot in the house summery charm.

# Pressed Flowers



**Prairie View** A vintage window filled with wildflowers will give you blooming vistas no matter the season. Find an old window with character at a flea market or antiques store, and clean the glass or fit its panes with new glass. Use tweezers to maneuver the delicate pressed stems onto the lower panes to determine an arrangement. Working one flower at a time, apply tiny dots of white crafts glue on the backs of petals and stems, and gently pat back in place with tweezers; don't use your fingers—they'll get sticky and pull the flowers off the glass. If petals stick up, brush a little glue under the edges or across the top (it dries clear). If necessary, cover the blooms with wax paper and weight them down with a book until the glue dries.

To order a pressed flower and fern package to make all six projects in this story, see *page 30*.

Stick nonslip rubber pads on the bottom of the decorated window and prop it on a deep sill. Or, hang it in front of the window from cup hooks or nails in the molding.

continued on page 40


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feels beautiful, it shows
Introducing Women's Tylenol Menstrual Relief.
Specially formulated for more complete relief of a woman's menstrual symptoms.*
Because what really matters is the way you feel.
NEW
Women's
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## Pressed Flowers

continued from page 38



**Ring of Posies** Set against a crisp-white backdrop and protected by glass, a garland of pansies gives a plain tabletop garden freshness. Choose a table in a pale hue that will cause your pansies to pop into view, or paint one in a color of your liking. Lightly trace a plate or other circle template on the tabletop with a hard-lead pencil. Lay a chain of pansies on the pencil mark, overlapping petals for a thick, filled-in line. For showstopping contrast, mix deep purple and sunshine-yellow flower heads. Pick up each pansy, dot with white crafts glue, and pat in place with tweezers. Let the glue dry before topping the table with glass.

This ring is a vibrant "centerpiece." For more subtle decoration, edge the perimeter or dot the corners of a table with flowers.

continued on page 42




Introducing the Cascadia™ oversized showerhead, so indulgent it washes away the stubbornest of bad days. With a flexible arm that adjusts to any position and a choice of two settings, the Cascadia showerhead drenches you in luxury from head to toe. For more information, and the location of a dealer near you, visit us at www.waterpik.com.

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Truly "the best" caramels.




Hand-dipped!



A perfect after dinner treat.




Enjoy the #1 sugar free candy in America.




A thoughtful gift.

Freshly made by
America's #1 maker of boxed chocolates.

Russell Stover

# Pressed Flowers

continued from page 40



Wrapped in greenery, mismatched candles become a themed set (*above*). Never leave a burning candle unattended.

**A Leafy Link** Feathery fern fron bring different candles and phot into harmony with woodsy textu and hue. Choose various white cream pillar candles, and mat them with ferns slightly shorter th each candle. Add tinier fill-in fron as well. Preview the arrangemer then apply glue to ferns and pat candle; if ferns curl up, brush gl over the edges. For a permanent di play, let the candle melt down un there's a cavity big enough to hol small tea light or votive candle; bu the tea light and replace as needed

Important small photos are grandly presented in large see-through glass frames (*right*). Soft, wispy ferns give emphasis to the photos without overwhelming them.

Using pressed ferns as decoration, u can give family photos a natural ting also. Mount three black-and- ite photographs, similar in size and me, to black paper cut slightly ger than the photos. (Use archival- ality paper and glue, or make ies of your original photos and use se.) Place the matted photos on e piece of glass, position fern fonds til they please your eye, and add second piece of glass on top.

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# Pressed Flowers

continued from page 43



**Singular Sensation** Sturdy blossoms with sculptural silhouettes easily stand on their own. To showcase single stems, paint four wooden crafts-store frames. Choose a pale paint that complements the flowers as well as your style. Cut pieces of decorative handmade paper to a size appropriate for the frame openings. Dot glue on the backs of the petals and stems, and place a flower onto each piece of decorative paper with tweezers. (If you want to revise placement before the glue dries, carefully bend the paper away from the back of the flower, and start over.) Cut cardboard to fit a frame opening. Attach paper-backed flower to cardboard, place in the opening, and secure with small nails or framer's points.

continued on page 46

Framed single flowers are graphic and best displayed in a simple manner, such as standing in a primitive cupboard or on a mantel.


No film, no residue. Just soft, smooth skin.
OLAY
complete
moisturizing body wash
Olay Complete Body Wash.
It's the ideal combination: snap-free cleansers and aerated moisture that allows it to rinse clean.
So nothing comes between your skin and your world but the lightly moisturized feeling of clean.
Proven to be everything your skin needs to feel beautifully clean.
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# Pressed Flowers

continued from page 44



**Shades of Summer** Tiptoeing in a tidy row across the bottom of a paper window shade, these lilies spring up like dancers. Head to the crafts or art supply store for decorative paper embedded with flower petals or other plant material. Cut a piece slightly larger than the window, plus an inch at the top. Using a straightedge to tear against, rip away the paper edges for a rough finish; make sure the final piece fits the window. Fold over an inch of paper at the top to make a rod pocket, and hem it with glue. Glue individual flowers across the bottom of the shade.

Buying information, page 148

You may need to glue weights to the bottom corners of this paper shade to keep it from curling up in heat or moisture.


tal Effects with UV protection
e seven signs of aging and more.
nishes appearance of fine lines and wrinkles
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NEW TOTAL EFFECTS WITH VITANIACIN AND UV PROTECTION NOT ONLY FIGHTS SEVEN SIGNS OF AGING, IT ACTUALLY HELPS PREVENT UV DAMAGE TO COLLAGEN AND ELASTIN, ONE OF THE MAJOR CAUSES OF PREMATURE AGING.
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by
James A. Hufnagel



before Cars still had running boards when Diana and Jonathan Cathey's kitchen was built in 1941. Clearly, an update was long overdue. Their vintage galley had numerous drawbacks: Measuring just 10×12 feet, the space was too tight for a family with children and two big dogs; storage was sparse and poorly organized; and the Catheys had just 4 feet of usable counter space. For solutions to these knotty problems, Diana and Jonathan turned to kitchen designer Karen Richmond.




# Problem/Solution Kitchen



after The space squeeze was overcome by bumping out the front of the home with a mini-addition that extends the kitchen 7 feet (see the floor plan, *page 55*). This expansion made room for abundant new cabinets and countertops, state-of-the-art appliances, and a cleanup sink under a relocated window that enjoys a garden view. A second, smaller sink on the opposite side of the kitchen speeds up meal prep chores for this two-cook family.

continued on page 50




Cycling scrapes. Shaving cuts. Curling iron singes. Any minor wound can leave an unwelcome
minder behind. So reach for Neosporin®. A clinical test shows that treating scrapes with Neosporin®
ps minimize the appearance of scars.* And Neosporin® kills the bacteria that can cause skin infection.
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## Problem/Solution Kitchen

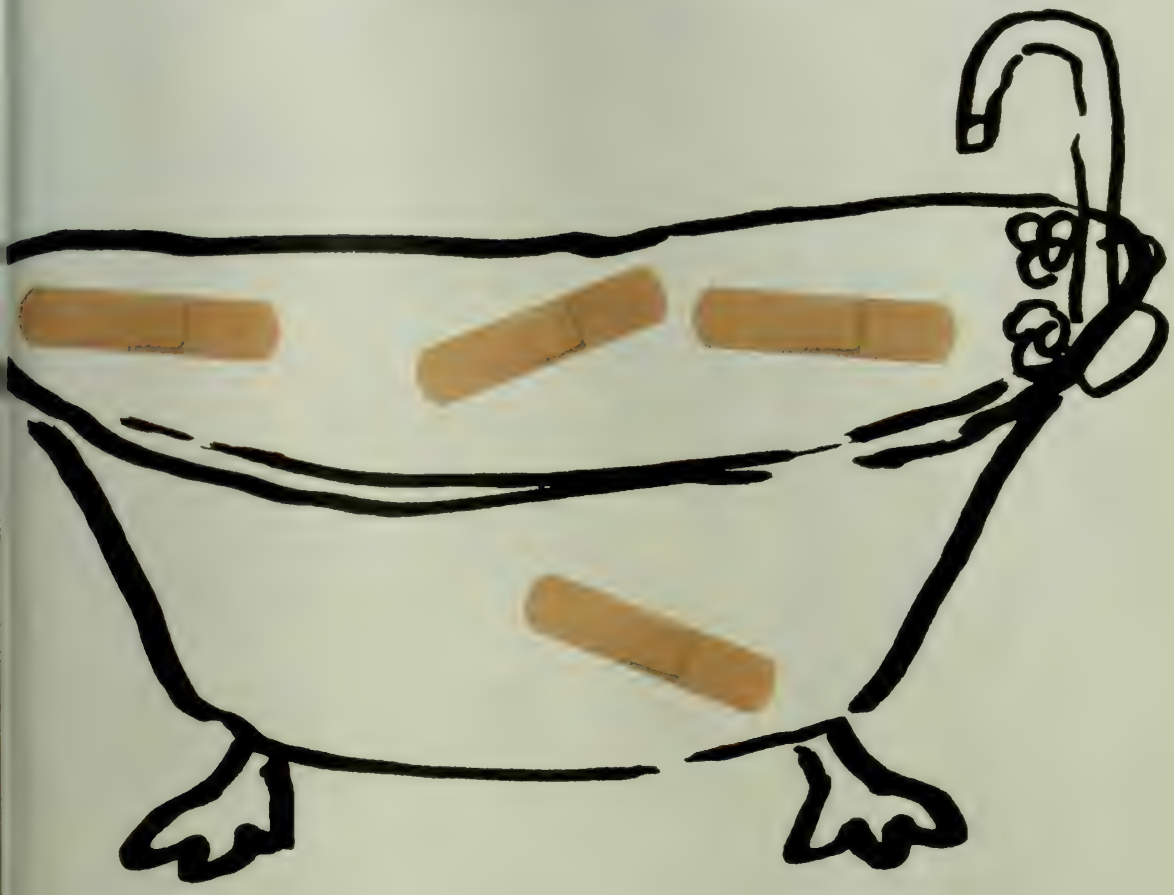
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**Gaining more work space** was a big priority for Diana and Jonathan. The problem was solved by lining the expanded kitchen with a continuous wraparound countertop (*below*). One end forms a peninsula that serves as a staging area for sit-down meals. Another priority was to blend the new room with the 1940s character of the house. "We wanted to 'do no harm' to the home," Diana says. The exterior and the original kitchen were painted yellow, so Diana and Karen chose a slightly paler shade of the same color for the new kitchen. Vintage cabinet pulls enhance the room's period flavor.

continued on page 52



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to give it a good scrub.






A good scrub.

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## Problem/Solution Kitchen

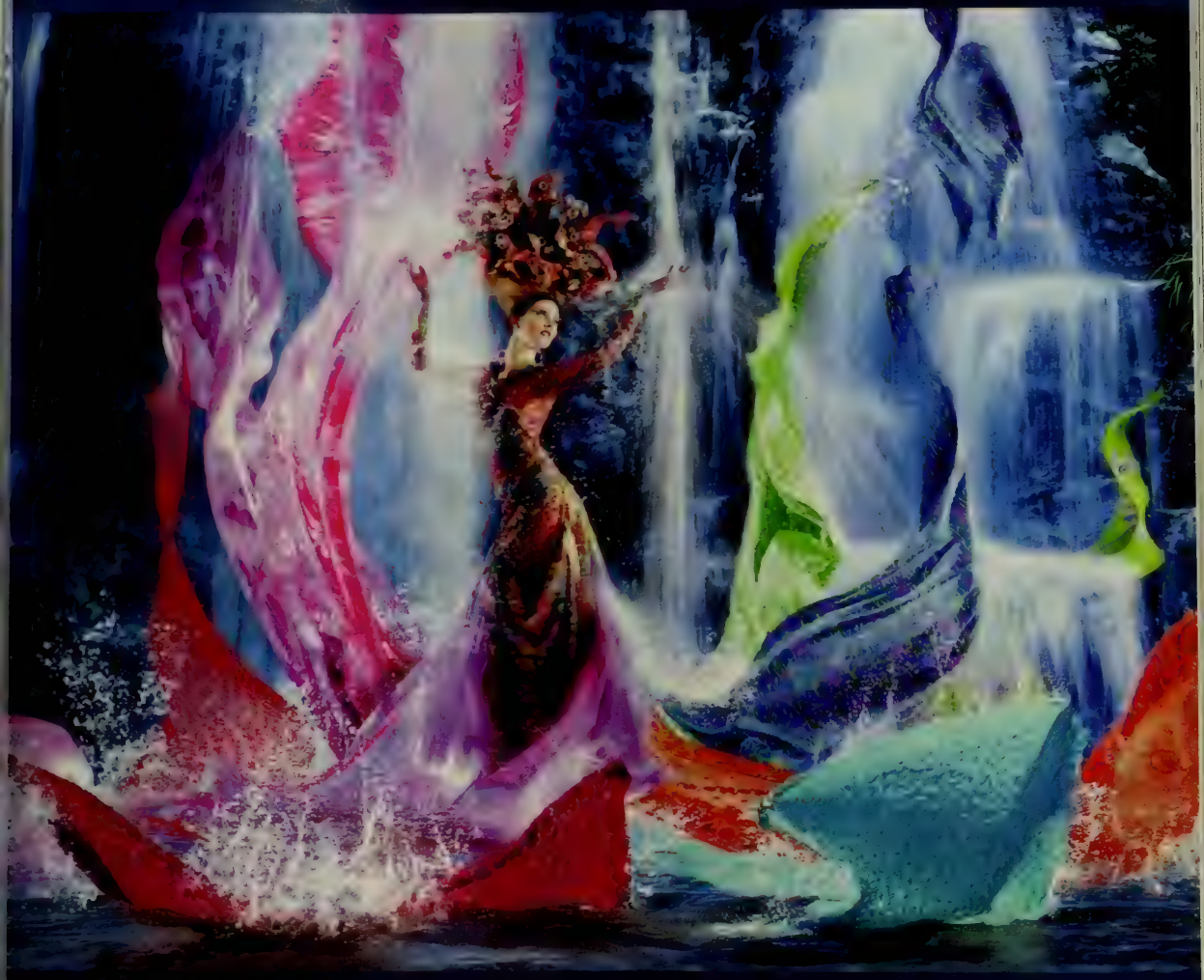
continued from page 50



**Surfaces that come clean** with a swipe of the sponge make any kitchen a joy to live with. Dirt-catcher in the Catheys' former kitchen—a freestanding range metal-edged plastic countertops, and worn linoleum flooring—made way for a stainless-steel slide-in range granite countertops, and easy-care hardwood flooring Diana color-keyed apricot tile backsplashes and leaded glass cabinet doors with the finish on her dishes for a look that is subtly coordinated. A small sink by the range is handy for prepping veggies.

continued on page 55

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*2⅓ C Bisquick*
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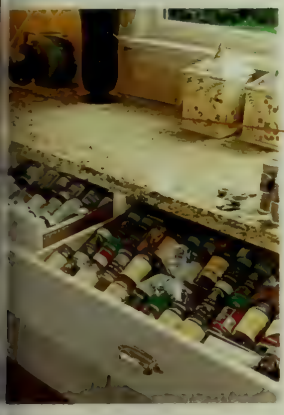
# roblem/Solution Kitchen

ntinued from page 52












1. Bifold doors on the corner cabinets put all the contents within easy reach. White millwork ties in with the trim throughout the house.

2. Reproduction light fixtures maintain a friendly, welcoming look that's in keeping with the home's 1940s character.

3. A wide drawer with stepped dividers keeps spices handy to the long counter where most food preparation happens. A drawer next to it holds vitamins.

4. Pantry items and cookbooks are stored on shelves inside a catchall cabinet adjacent to the dining area. Bins below hold items for recycling.

5. A bench next to the back door corrals boots and stows towels for wiping off muddy paws.

Buying information, page 148

**AFTER**



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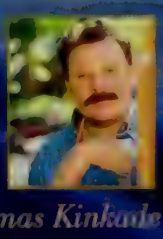
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# Room at the Top

by Cynthia Pearson



A gentle push opens a "secret" door (*left*) to stairs leading to the new suite. Trimmed only with baseboard, the hollow-core door is fitted with a magnetic spring-loaded push catch. The door looks like part of the dining room wall when it's closed.

Perry Heitman had a tall order for his small house: Add a full-featured master suite, complete with sitting room, atop a one-story bungalow—without making the house an awkward fit for its historic Portland, Oregon, neighborhood. Perry's architect and a local builder responded by slipping a broad gable addition over the back of the house. The second-floor space (*right*) can't be seen from the street, but it adds more than 600 square feet to the house. "The addition's turned our previously cramped quarters into a luxurious living space," Perry says.



continued on page 60



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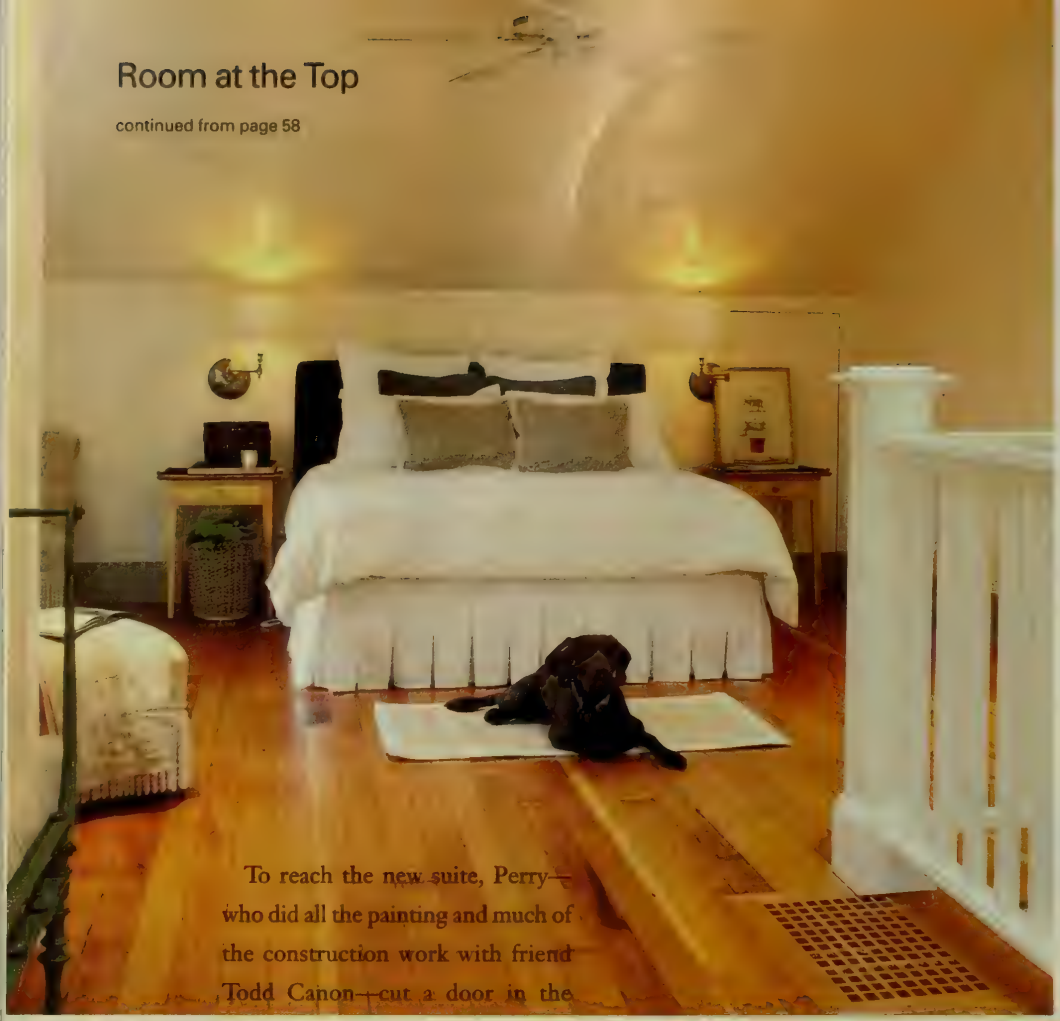
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# Room at the Top

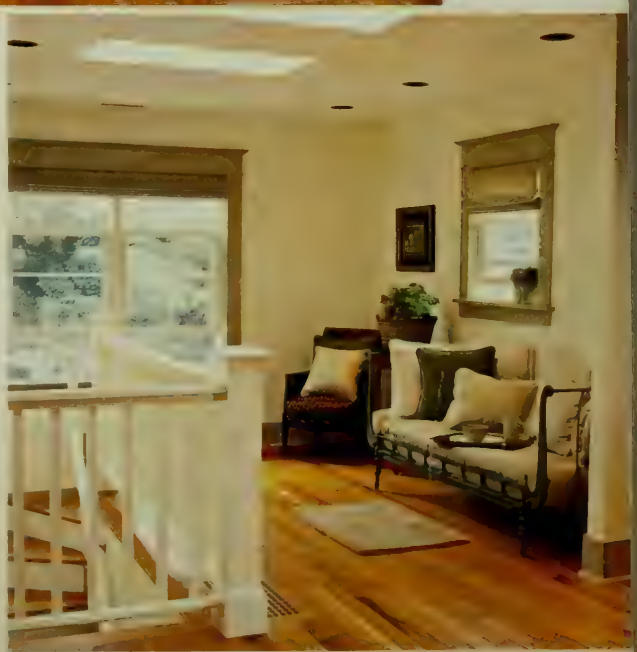
continued from page 58



To reach the new suite, Perry—who did all the painting and much of the construction work with friend Todd Canon—cut a door in the dining room wall. A flight of stairs runs up from there.

Now the addition looks as if it's always been part of the house. The Craftsman-style stair railing, trim, windows, and flooring were selected or custom-made to match those on the first floor. As for modern-day features, Perry purposely chose clean-lined can lighting and skylights. "I didn't want anything to dilute the original Craftsman look," he says. The ventilating skylights and a ceiling fan work so well that Perry rarely needs to turn on the air conditioner.

continued on page 62

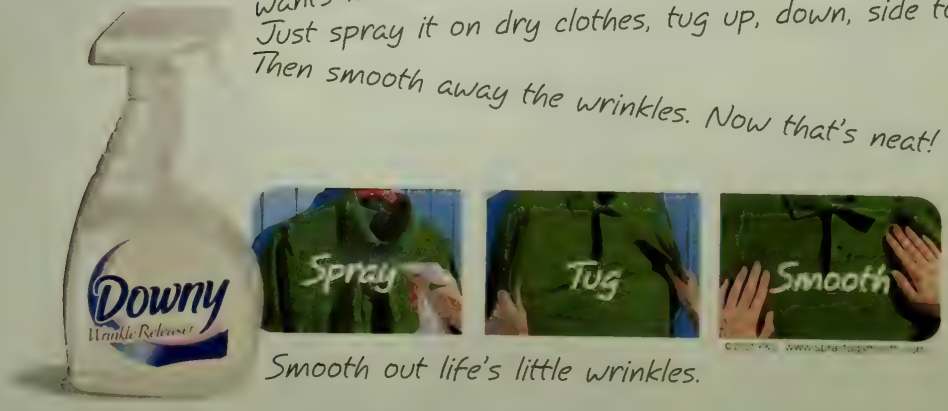


Fir boards—salvaged and refinished for use on the addition's floor—were chosen to match those throughout the house. Rika the dog (*left*) enjoys napping on the floor or at the cozy sitting spot (*below*) near the stairs.



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## Room at the Top

continued from page 60

A generous slice of space was reserved for the master bath and dressing area. Just off the bedroom, the vanity stands beneath the ceiling's highest point. Even though the space is compartmentalized, a full mirror behind the vanity and mirror-fronted medicine cabinets to either side make it seem larger. A shower and private commode tuck into place to the left of the vanity and in a lower part of the gable—but they still enjoy sufficient headroom.

Perhaps the highest point of the good life up top is the walk-in closet. It's bathed in window light, and a curtain pulls closed to hide the storage shelves. Best of all is the convenient washer and dryer, which eliminates the need to haul laundry.

Buying information, page 207

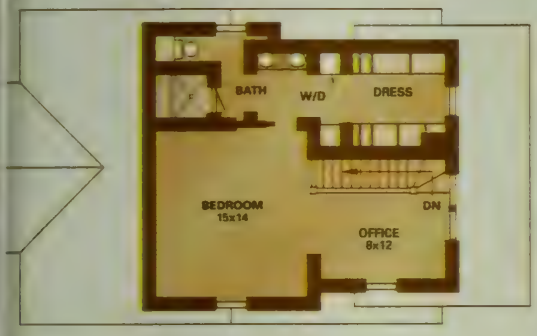


A tiled shower stall (*above*) is made comfy with a sitting bench a storage ledges. As shown in the plan (*right*), the vanity (*near righ* is just steps away from the shower, and it's topped with a synthe material that looks like black concrete. In the closet (*far right*), dir clothes needn't pile up thanks to a space-saving washer/dryer.



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by Richard Sowienski



# Make College Count

**You've saved; you've begged;** you've borrowed. As a parent, you know the cost of sending your child to college comes with a big price tag. Naturally, you want that investment to pay off for your graduate with a successful career. And, with the right preparation, your student can do just that, says Marianne Green, assistant director at University of Delaware's Career Services Center and coauthor of *Majoring in Success* (1999). Green tells students to find majors that excite them, cast their academic nets wide enough to include career-enhancing classes, and seek out internships early in college.

"College will provide you with sources of knowledge, contacts, creativity, and opportunity, but you have to take advantage of them," says Green. "A passive, wait-and-see attitude will blind you to the rich array of possibilities that college can offer."

### Pursue your passion

From the very beginning, students should get help from their school's career service office, says Deborah Serling, academic counselor for the Arts and Science Career Office at Ohio State University. "They should talk to career counselors and academic advisers about the student's interests before any decision-making takes place," she says. Serling offers several suggestions in helping students select a major.

- Pursue what you're good at, what interests you, and what matches your values.
- Know yourself. "Determine what makes you passionate," says Serling. "Too often this is a step that's skipped when considering a major."
- Don't think you're making one decision for the rest of your life. "Nationally, 20 percent of students are undecided, and 80 percent will change their major at least once," says Serling.
- Come to college with your curiosity wide open. Don't just take the same kind of courses you took in high school. Serling says students should read the course offerings catalog and find new areas to explore—take a couple courses in areas that they don't know about.

Parents want a marketable student when college ends. To make that happen, your child must take extra steps.

continued on page 70

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# Make College Count

continued from page 68



Internships can help students try on different careers

## TIPS FOR NEW STUDENTS

Deborah Serling, academic counselor for Ohio State University, offers these tips for first- and second-year college students.

- In your freshman year, narrow down your interests and rule out what you don't like. You should come to a decision about your major in the middle of or near the end of your sophomore year.
- Consider a double major. If your interests cross disciplines, you'll gain flexibility and different perspectives about a situation.
- Use pass/fail and audit options sparingly. This usually means minimal effort for classes that involve more work than expected.
- Challenge yourself slowly by spreading difficult courses over several quarters or semesters. Choose classes that are a good fit.
- It's time to consider a change in your major if you have declining grades, poor attendance, no idea what to schedule next, poor satisfaction level, and a lethargic attitude.

### Making your student marketable

Perhaps you were hoping for an engineer in the family or a busin school graduate. Perhaps the next Bill Gates. But say your child, as turns out, has a passion for philosophy, or history, or another libe arts academic area. Do job prospects vanish? Not at all, according Michael Hogan, professor of history and dean of the college humanities at Ohio State University.

"What companies really want," says Hogan, "is someone wi potential—and that means a graduate with the ability to think cr ically, communicate effectively, and solve problems imaginative Those are the very skills that a liberal arts education provides."

For example, literature classes are especially good for developi verbal and written communications skills and critical thinking, sa Hogan. Classes in philosophy, history, and psychology boo problem-solving abilities. Liberal arts classes promote organiz tional skills, teamwork, and the ability to set and meet goals.

Green, the University of Delaware career advisor, agrees th liberal arts provide critical skills, and adds that students have to ta extra steps to make themselves marketable to employe Career-oriented electives that could give students an employme edge include the following:

- Sales and marketing. "Courses in this area will be extreme beneficial," says Green. "Let's say you're working in a nonpro organization. You'll be using the same skills as in a business."
- Business writing. "Written communication skills are repeated cited as a top priority for new hires across occupations Green says. Writing a clear and concise memo, business letter, proposal will benefit a student in any job.
- Public speaking. Most jobs require making a presentation now an then. Even someone sitting in a laboratory all day will have to mak a presentation on occasion.
- Computers. "I can't imagine graduating without having compute courses," Green says. "Students have to extend themselves—lear Word, Excel, HTML. If they can help on an employer's Web sit they're going to be snapped up."
- Foreign language. "Having a foreign language, particular Spanish or Japanese, is very important in our global economy."

### Investigate internships

Beyond coursework, Green says if students do nothing else, the should land some internships, allowing them to try on differen careers for size while gaining work experience and networkin opportunities. To find internships, talk to people. "Faculty, staff, an family members can prove valuable in any type of job hunt," Gree says. Students should also search the library at their career service center, and check the Internet for possibilities, including Jobtra Summer Jobs and Internships, www.jobtrak.com; Catapult Summe Jobs and Internships, www.jobweb.org/catapult/jintern.htm; an Internship Programs, www.internshipprograms.com.

Finally, Green reminds parents and students that college is abou much more than preparing for that first "real world" job. "It's abou widening horizons, expanding possibilities, and educating yoursel for jobs and activities you will experience over a lifetime."

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## Establish a daily family routine with scheduled homework time

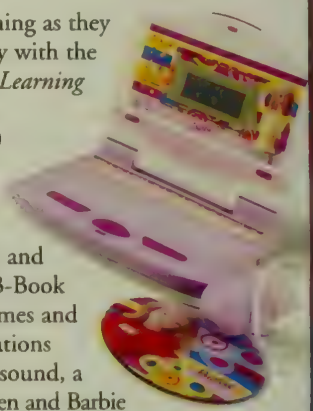
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How to make school fun for us?
Wearing pleather on the bus






Discipline is about helping children be successful. Not focusing on what they didn't do, but focusing on what you want them to do.



# 7 secrets of successful discipline

by Caralee Adams

**Parents often equate** discipline with punishment. But experts say discipline shouldn't be primarily about giving time-outs, grounding kids, or taking away the television. Instead, discipline is first and foremost about teaching.

"Discipline is not about controlling or demeaning a child," says Becky Bailey, psychologist from Oviedo, Florida, and author of *Easy to Love, Difficult to Discipline* (2000). "Discipline is about helping children be successful. Not focusing on what they did not do, but focusing on what you want them to do."

This is not to say that children should not be held accountable. There are times when misbehavior should be met with appropriate consequences. Yet experts emphasize that when parents pour their energy into teaching and encouraging, punishment can be minimized—or even eliminated.

"When you are doing your job well, and giving positive reinforcement, there aren't too many consequences needed," says Barbara Howard, a developmental behavioral pediatrician at Johns Hopkins University School of Medicine in Baltimor

Here are seven effective approaches to discipli from building good relationships to effectively adm istering consequences for misbehavior.

### Establish a good, loving relationship

"Have fun with your kids," says Jane Nelsen, fam therapist from Fair Oaks, California, and coauthor *Positive Discipline A-Z* (1999). Nelsen says to be effective teacher, parents need to spend time with th children, establishing good rapport. A child is not goi to follow someone that they don't trust. "Rewards do motivate children, relationships do," Bailey says.

### Catch kids being good

Notice when kids are doing the right thing. Praise c be verbal or nonverbal, such as a wink. Give stick or points for kids who need more feedback. Howa suggests that parents take a pen and mark on a chil hand every time he exhibits a desired behavior— bunch of marks earn a small reward. Kids start aski

continued on page

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# 7 Secrets to Successful Discipline

continued from page 74

for the marks and start to internalize the rules.

Bailey encourages parents to notice, not judge their children. For instance, when a child cleans up her room, say, "You cleaned your room." Describe the desired behavior, rather than going overboard on the gratitude.

Cheri Sheridan, a mother of two in Berrysville, Virginia, says when she uses positive expressions, her children are more responsive. If her 6-year-old son, Nelson, is not dressed in time, she remarks on the progress. "I'll say, 'You have your shirt, pants, and belt on' rather than 'You don't have on your socks and shoes,'" Sheridan says.

**Be clear about expectations**

Make sure the child is listening and knows what you expect him or her to do, says James Windell, a clinical psychologist in Royal Oak, Michigan, and author of *8 Weeks to a Well-Behaved Child* (1994). When you give an instruction, ask the child to repeat it.

Parents, however, need to be realistic, he adds. Kids will be kids. Bailey says parents should try to understand the child's thinking. "See the best in every situation," Bailey says. When a child hits his brother, don't assume the intent was to be mean. Instead, assume the best. Maybe it was to get his brother to move. Tell the child to ask the brother nicely to move and that he can't hit.

It's also useful to offer kids choices, rather than just dictating rules. Allowing choice is particularly important when trying to get teenagers to cooperate. "It's important to listen to the child's point of view and negotiate the rules before the fact," says Howard. "When they are included, they are more likely to follow the rules."

**Find the right tone: kind and firm**

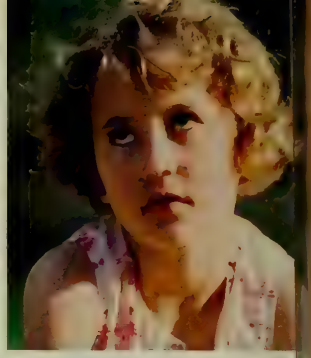
"Parents tend to be too permissive or too controlling, neither of which serves the child well," says family therapist Nelsen. "It works best when a parent is kind, because it shows respect for the child, as well as firm, because that shows respect for what needs to be done."

Instead of being reactive, parents are more effective when they are calm. Parents also need to be assertive. If a parent can clearly tell a child what needs to be done, the child learns respect, Bailey says.



**Consequences should be immediate**

Experts agree that one of the biggest problems when it comes to discipline is nagging. "Constant talking without backup is ineffective," says Howard. Say something in as few words as possible and then act swiftly.



The more immediate the discipline after the misbehavior the more likely it is to be effective, esp- cially with young children. Discipline should begin t age one with parents keeping babies safe by telling the "No, this will hurt you," says Alice Mahler, director of co- munity services at the Parent and Child Guidance Cent in Pittsburgh, Pennsylvania. "Parents often wait unti child is three," says Mahler. "Then it's a big challenge

**Punishment should fit the crime**

Be fair. Parents need to make their reaction fit the offens

What works? Ignoring bad behavior can be surprising

> Instead of being reactive, parents are more effective when they are calm.

effective, says Windell. Oftentimes, what kids do is mere annoying and not drawing attention to it is the be response. The next step: A verbal reprimand. For bigg problems, try time-outs or removing privileges.

"It's a mistake to go for the big guns with little things says Windell. "Punishment ought to be reserved for ser ous or dangerous behaviors."

When a parent overreacts and grounds a child for month, for instance, the child tends to focus on the pa ent being mean. Try being more reasonable. If a child five minutes late coming in, when he wants to go outsid again have him wait five minutes.

"Use the least that works," Howard suggests. "Smalle consequences make a bigger impression."

**Be consistent**

For discipline to work, parents need to be consisten Kids need to see that a parent's rules and limits stay th same. Children feel secure when their parents aren moody or unpredictable.

These strategies make sense to many parents, yet the don't follow them. Why? "Parenting takes time and atten tion," says Mahler. "Most of us don't have it. We work an are pulled in so many different directions. Yet, childre are at great risk when we don't supervise, set guidelines and follow through." Parents need to communicate the boundaries and be willing to teach kids lessons when th limits are pushed.

# responsibility



Anyone could walk Daisy, but making sure her feet don't get cold shows how seriously he takes his job.

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It's not what they're doing, it's what they're becoming.

Barney™




# Jaguar's Affordable New 'Baby'

X-Type offers British luxury and all-wheel drive for about half the price of a full-size Jaguar.

**Jaguars have always been** dream cars, the kind you aspire to when you get that big promotion or make partner. An extravagant splurge to celebrate your silver wedding anniversary. Trophy cars, but not accessible. "Most people believe we're too expensive," says Mike O'Driscoll, president of Jaguar North America.

That may change with the arrival of the so-called "Baby Jaguar," a $29,950 compact called the X-Type. If you want a luxury car but turn up your nose at snooty prices, this new sedan becomes the most affordable pick of an upscale litter. Although not as long, low, and sleek as its siblings, the X-Type is no "free to a good home" kind of feline. A hushed ride, posh Connolly leather, and bird's-eye maple veneers testify to its good breeding.

When it arrives in North America August 1, the X-Type will challenge established competitors in what automakers call the entry-level luxury segment (for a sampling of prices in this group, see *page 80*). O'Driscoll acknowledges that "all the cars in this segment are very good." So what sets the 2002 X-Type apart from the other bargain luxury vehicles?




continued on page 8



# EVEN WITH A CAR FULL OF SCREAMING KIDS, YOU CAN STILL FEEL ALONE ON THE ROAD.



h over 10,000 NAPA AutoCare Centers nationwide, it's like ng an ASE-certified technician with you wherever you go. t's not just the people. It's also the parts you know you depend on. They're backed by a 12-month/12,000-mile "Peace of Mind" warranty covering parts and labor. Call 1-800-LET-NAPA, and we'll help you find an AutoCare Center close to you, no matter how far you are from home.

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# Your Family Car

continued from page 78




**ENTRY-LEVEL LUXURY**

| | |
|---|---|
| BMW 3 Series | $28,740 |
| Acura TL 3.2 | $28,880 |
| **Jaguar X-Type** | **$29,950** |
| Mercedes-Benz C-Class | $29,950 |
| Audi A4 | $30,990 |
| Lexus ES300 | $31,505 |

Prices do not include delivery charge

### All-wheel drive at no extra cost

It's the first Jaguar to get all-wheel drive. "Buyers like the benefits of safety and security," O'Driscoll says. The driver doesn't need to do anything—the system engages automatically, sending power to the wheels with traction when others begin to slip. Still, snow-country drivers might consider adding winter tires because the high-performance tires standard on some X-Types don't grip well in white stuff.

### Using the best as benchmarks

Jaguar engineers used three entry-luxury cars as benchmarks when they designed the X-Type: BMW for handling, Mercedes for solid body structure, and Audi for interior craftsmanship. Comparison shoppers will find the Jaguar competitive with all three. Performance enthusiasts may give BMW a slight edge in handling, although X-Type's steering feels as crisp and responsive as the Bimmer's.

### Paying attention to safety

Both front and rear seat occupants get side-curtain air bags to protect their heads in a crash. Seat-mounted side-impact air bags are standard in the front seat, as are front air bags that deploy in two stages depending on crash severity. All five seating positions get three-point safety belts, and the front seats have pretensioning safety belts with load limiters. Antilock brakes are standard too.

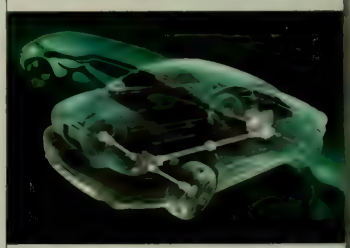
### But it's a Jag. I'll spend a fortune on repairs, right?

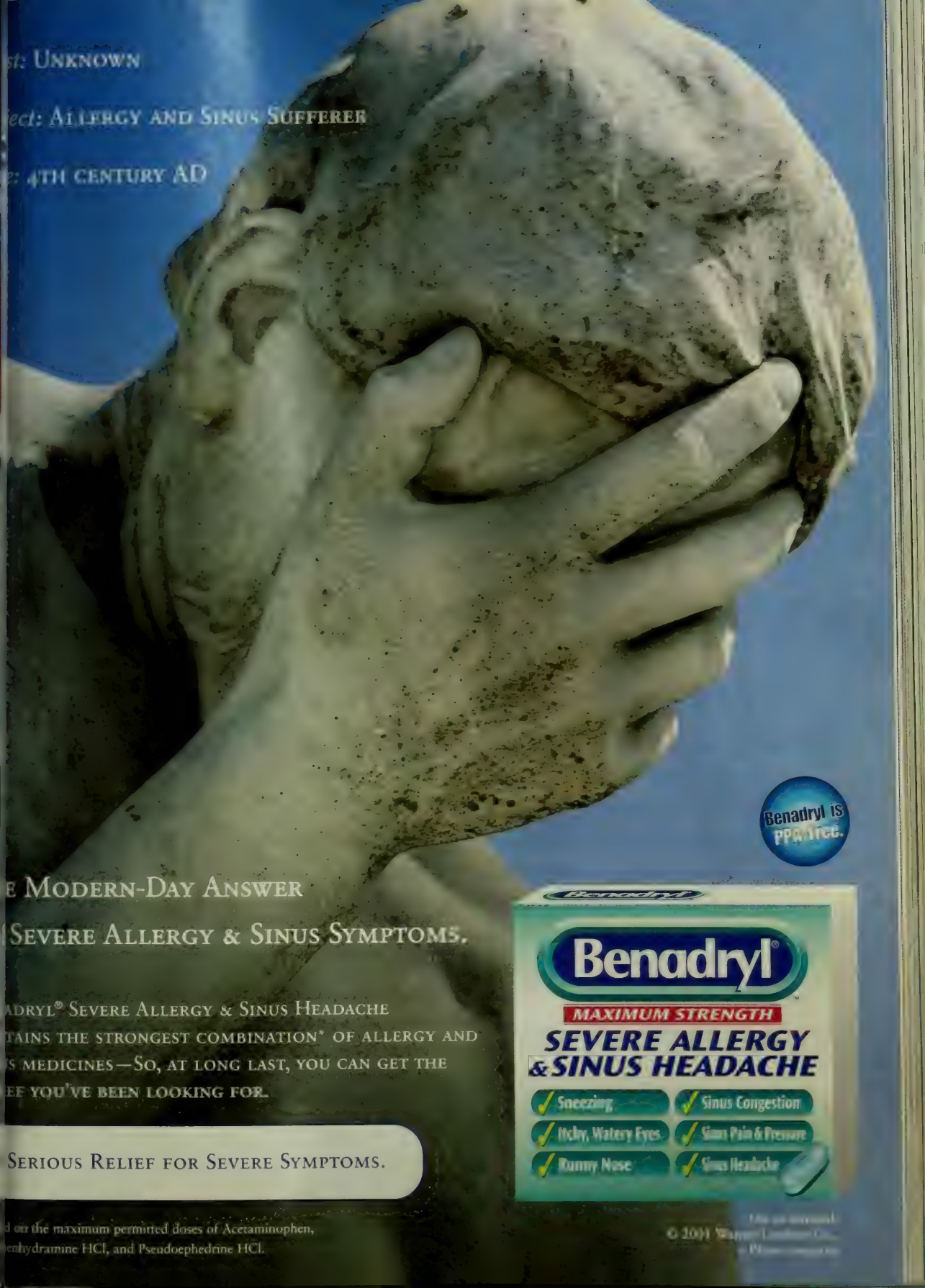
*"Why don't the British build computers? Because they never figured out how to make them leak oil."* That old joke, a wry comment on wretched auto repair records, no longer makes Jag owners cringe. A recent long-term quality survey ranks Jaguar among the top six automakers, tied with Mercedes-Benz. X-Types that we test-drove ran flawlessly, both the base 194-horsepower V-6 engine and the optional 231-horsepower 3.0-liter version priced at $35,950. They were solid and rattle-free. And none leaked a single drop of oil.

And now for something completely different: a Jaguar with adequate trunk space (16 cubic feet). The X-Type seats five, although three adults will be more intimate than they might like in the backseat, which is average in size for entry-level luxury cars. All-wheel drive is standard, even on the base model. It's an automatic system, no shifting required. On dry roads, 60 percent of the power goes to the rear wheels.





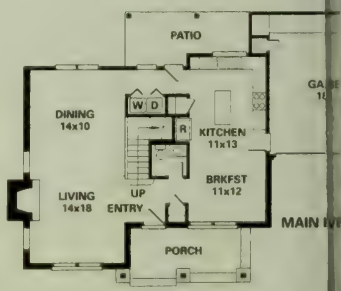



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Severe Allergy & Sinus Symptoms.
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Itchy, Watery Eyes
Sinus Pain & Pressure
Runny Nose
Sinus Headache
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enhydramine HCl, and Pseudoephedrine HCl.



# Crafty Blend

Getting just the right mix of privacy and family togetherness under one roof can be a challenge, but this modest-size Craftsman design makes it look easy—and tucks it all under an English-style half-hipped roof. Beyond the big front porch, a minimum number of interior walls frees up most of the main floor for comfy congregating. On one side is a 28-foot-long living/dining room, and on the other is a 23-foot-long eat-in kitchen. Between lies a handy wet bar in the rear hall, just a few steps from each gathering area and the back patio. For getaway space, just slip upstairs to a roomy study loft—the ideal spot for setting up a home learning center. Or soak up some sunny solitude in the broad, window-lined bay that fronts the master suite.







**TOTAL SQUARE FOOTAGE:** 1,917

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THE FRACTURE-FIGHTERS. WOMEN AGAINST OSTEOPOROSIS.

# THE ARRIOR

*termined not to inherit the curve in her grandmother's back.*





# THE ALLY

*Prescribes the only therapy proven to reduce spinal fractures in the very first year.*

# THEIR WEAPON

ACT NOW WITH

Actonel®
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*Nonhormonal prescription medicine*

If you've lost enough bone, you can be vulnerable to spinal fractures you may not ways feel. Eventually, spinal fractures may cause your back to curve into dowager's hump. you've seen that curve in your grandmother, mother or aunts, you may be at sk for osteoporosis.

Some other risk factors include being Caucasian or Asian or smoking. Be aware, even tra calcium and exercise may not be enough to protect you from bone loss and fracture.

In the battle against postmenopausal osteoporosis, your strongest ally is your doctor. Ask out Actonel. Not only can Actonel reverse bone loss, it helps your bones become ore fracture resistant.

You should not take Actonel if you have low blood calcium, severe kidney disease, or nnot sit or stand for 30 minutes. Stop taking Actonel and tell your doctor if you perience difficult or painful swallowing, chest pain or severe or continuing heartburn ecause these may be signs of serious upper digestive problems. Side effects are generally ild or moderate and may include stomach pain or upset, or constipation. Follow dosing structions carefully.

**To learn more about Actonel and osteoporosis, talk to your healthcare provider, all toll-free 1-877-Actonel, or visit www.actonel.com.**

Women today don't have to accept bone loss the way our grandmothers did. e a warrior. Fight fracture.



# HER RESULT

*Only Actonel is proven to reduce spinal fractures in the very first year*

Turn the page for additional information on Actonel and osteoporosis.

# Important Information for You About Actonel and Osteoporosis

## ■ ACTONEL® (AK-toh-nel) Patient Information generic name: (risedronate sodium tablets)

This leaflet tells you about ACTONEL and how to take it. Read this information carefully before you begin taking ACTONEL. It is important to take ACTONEL exactly as recommended. Read this information each time your prescription is refilled in case new information is available. This leaflet does not take the place of discussions with your health care provider because it does not describe all the risks and benefits of ACTONEL. ACTONEL can be prescribed and dispensed only by licensed health care professionals; they have information about your medical condition and more information about ACTONEL. Talk with your health care provider about ACTONEL before you start taking the medicine and during your regular checkups.

## ■ What is the most important information I should know about ACTONEL?

Take ACTONEL once a day or as directed by your health care provider. You must take ACTONEL exactly as recommended so that it will work and to reduce the risk of harmful side effects (see ***How should I take ACTONEL?***).

## ■ What is ACTONEL?

ACTONEL is a drug to treat and prevent osteoporosis. ACTONEL can reverse bone loss and help reduce the risk of breaking bones (fractures) by stopping further loss of bone and increasing bone mass. ACTONEL is not a hormone like estrogen (hormone replacement therapy used in postmenopausal women). Therefore, it does not have all the benefits and risks of estrogen.

## ■ What is osteoporosis?

Osteoporosis is a disease that causes bones to become thinner. Thin bones can break easily. Most people think of their bones as being solid like a rock. Actually, bone is tissue, just like other parts of the body—your heart, brain, or skin, for example. Bone just happens to be a harder type of tissue. Bone is always changing. Your body keeps your bones strong and healthy by replacing old bone with new bone.

When someone has osteoporosis, the body removes more bone than it replaces. This means that bones get weaker and are more likely to break. Osteoporosis is a bone disease that is quite common, especially in older women. However, young people and men can develop osteoporosis, too.

Osteoporosis can be prevented, and with proper therapy it can be effectively managed.

## ■ How can osteoporosis affect me?

In the early stages of osteoporosis, people often have no pain or other symptoms. As bones become weaker, they are more likely to break when someone falls—or even without a fall. While osteoporosis can affect any bone, the spine, wrist, and hip are the bones most likely to break. People with osteoporosis may "shrink" (lose height), develop a curved back, or have severe back pain that forces them to limit their activities.

## ■ Who is at risk for osteoporosis?

Many things put people at risk for osteoporosis. Some are just part of who you are, like being a woman, going through menopause or already being postmenopausal, being Caucasian or Asian, being thin, or having a family history of osteoporosis. Other factors include not getting enough calcium or vitamin D, having an inactive lifestyle, smoking cigarettes, or drinking too much alcohol. Long-term use of cortisone-type medicines (such as prednisone) can also cause osteoporosis in both men and women of all ages.

## ■ Who should not take ACTONEL?

Do not take ACTONEL if you have:

- low blood calcium (hypocalcemia)
- the inability to sit or stand upright for 30 minutes
- an allergy to ACTONEL
- severe kidney disease

If you are pregnant or nursing (breast-feeding), or have severe kidney disease, talk to your health care provider before taking ACTONEL.

## ■ How should I take ACTONEL?

Take ACTONEL once daily or as directed by your health care provider. It is important to take ACTONEL as recommended so that you can benefit from the medicine. Following these recommendations also helps ACTONEL work correctly and helps you avoid possible irritation of the esophagus, the tube connecting the mouth and the stomach.

Take one ACTONEL tablet first thing in the morning while in an upright position (sitting or standing) before you have anything to eat or drink (other than plain water). Do not eat or drink anything except plain water for 30 minutes after taking ACTONEL.

## ■ Remember:

- Take one ACTONEL tablet with 6 to 8 ounces (about 1 cup) of plain water (not coffee, tea, or juice, and ***especially not milk or other dairy products***).
- After taking ACTONEL, wait at least 30 minutes before lying down. You may sit, stand, or do normal activities like read the newspaper, take a walk, etc.
- Swallow ACTONEL whole rather than chewing it or waiting for it to dissolve.
- If you take vitamins, calcium, and antacids, take them at a different time of the day from when you take ACTONEL, at least 30 minutes after you take ACTONEL.
- If you forget to take ACTONEL, do not double your next dose. Simply take ACTONEL as you normally would for your next dose.
- You should continue to take ACTONEL for as long as your health care provider recommends. ACTONEL can treat your osteoporosis or help keep you from getting osteoporosis only if you continue to take it.

## ■ What should I avoid while taking ACTONEL?

Foods and some supplements and medicines can stop your body from absorbing ACTONEL. Therefore, do not take these products at or near the time you take ACTONEL: food, milk, calcium supplements, or calcium-, aluminum-, or magnesium-containing medicines, such as antacids (see ***How should I take ACTONEL?***). Ask your health care provider if there is anything else you should avoid while taking this medicine.

## ■ What are the possible side effects of ACTONEL?

Most people have no problems with ACTONEL. However, ACTONEL may cause side effects. Side effects from ACTONEL are usually mild. They generally do not cause patients to stop taking ACTONEL.

In studies of ACTONEL in patients with osteoporosis, the most common side effects reported about as often with ACTONEL as with placebo (sugar pill). They include upset stomach, abdominal (stomach area) pain, constipation, diarrhea, gas, and headache.

This summary does not include all the possible side effects of ACTONEL. Talk to your health care provider about possible side effects. Tell your health care provider if you feel discomfort in your throat or esophagus (the tube connecting the mouth and the stomach). Stop taking ACTONEL and tell your health care provider right away if swallowing is difficult or painful, if you have chest pain, or if you have severe or continuing heartburn.

# Other important information

## ■ How can I tell if ACTONEL is working?

ACTONEL can build bone mass in most people who take it, even though they won't be able to see or feel a difference. Your health care provider can measure the thickness (density) of your bone to check your progress. This is called a bone mineral density measurement.

## ■ What if I have other questions about ACTONEL?

If you have questions about ACTONEL, ask your health care provider or pharmacist.

If you want to read more about ACTONEL, ask your health care provider or pharmacist for the labeling written for health care professionals.

For more information, call 1-877-ACTONEL (toll-free) or visit our web site at www.actonel.com.

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MAKING THE EVERYDAY EXTRAORDINARY SINCE 1868

Here's a clever system for clearing away the clutter that piles up near your back door or won't fit in your kitchen cabinets.

# Storage with Style

First stop: a handy cubby for "things in arms" that family members cart home and drop. In this case, it's a briefcase shelf for Mom and Dad, and big, easy-glide drawers for kid stuff like backpacks, schoolbooks, and dance togs.





This party-loving homeowner does lots of entertaining. She needed a place to store table linens and other gear. A specially designed cabinet full of slide-out shelves is handy to the kitchen and dining room. Since it's also on the way in from the back entry, both the homeowner and the caterers can grab what they need without detouring.

Next stop: bowls and silver. Easy-glide maple drawers serve up glass bowls and silver trays. Each drawer is neatly labeled with its contents, so helpful kids and caterers know where everything goes when it's time to clean up and put away.





Once the table is set, it's time to bring out the food. Thanks to these deep drawers with custom-sized dividers sections, the glass trays aren't teetering precariously on cabinet shelves, or buried in the back of a closet somewhere. They're right at hand and easy to select and use.

What do briefcases, backpacks, party trays, and silver service have in common? There's nowhere to put them when you're not using them. One homeowner solved the problem with a single, stylish storage area that lines the hallway between the mud room and the kitchen and dining rooms. Sleek and clean-lined when closed, the doors lining the walls open to reveal an array of pull-out shelves and drawers tailor-made to hold all the odd-sized miscellany that won't fit in most stock cabinets. A short stroll down this hall can teach big lessons in how to stash your stuff.

# Paint

## *he colors you see in your...* Garden

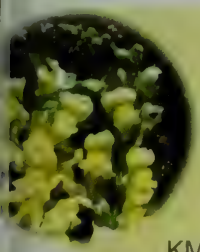


KM447-L
Light Fern

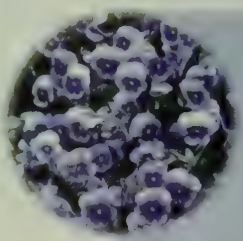


KM147-L
Rose Of Sharon



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KM249-L
Blue Pansy

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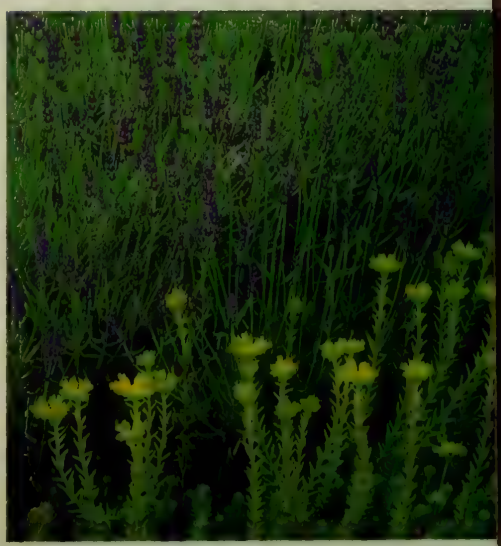
White Asiatic lilies (*right*) command attention when presented in a bed of blue larkspur.



Yellow coneflowers (*above*) shine in a field of larkspur in the classic color combo. A yellow sedum (*right*) is presented with a backdrop of blue-flowering lavender.

# Love Is Blue

Blue is the color of my true love's hair. No, that's not right. Blue is the color of the flowers that often showcase *other* flowers. While you may be partial to spotlighting favorite blue blossoms, some blues can be as beautiful a backdrop as they are a focal point. The garden world has long been enamored of the blue-yellow interplay, but we like to think outside the paint box. Blue goes with almost anything. Because love isn't blind, it's … true blue.





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Call it what you want, but bologna is still bologna – and it makes for a cold, boring sandwich.
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# Wet but Not Wild

An azalea, irises, grasses, and primroses rim the upper pond, one of several water features in this one yard. Below the terraced beds, a garden bench offers a sheltered spot.

by
Craig Summers Black

Three ponds, accompanied by modest cascades and a natural stream that feeds them, fit quite comfortably in Colleen and Stan Freidberg's backyard in Portland, Oregon. Early on, the couple removed a fence near the house to open the view to their water features, and then they renovated a patio so they could relax outside. Although the Freidbergs inherited a mature garden, making structural updates and editing beds and borders have added to its beauty. Now the couple can enjoy lingering breakfasts and informal dinner parties out back, where they hear the water's quiet burbles and watch blossoms rustle in the breeze.



# Buck the Ordinary




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**Toss on the Taste**

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THE HOME DEPOT

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# Chill—It's Just a Spill

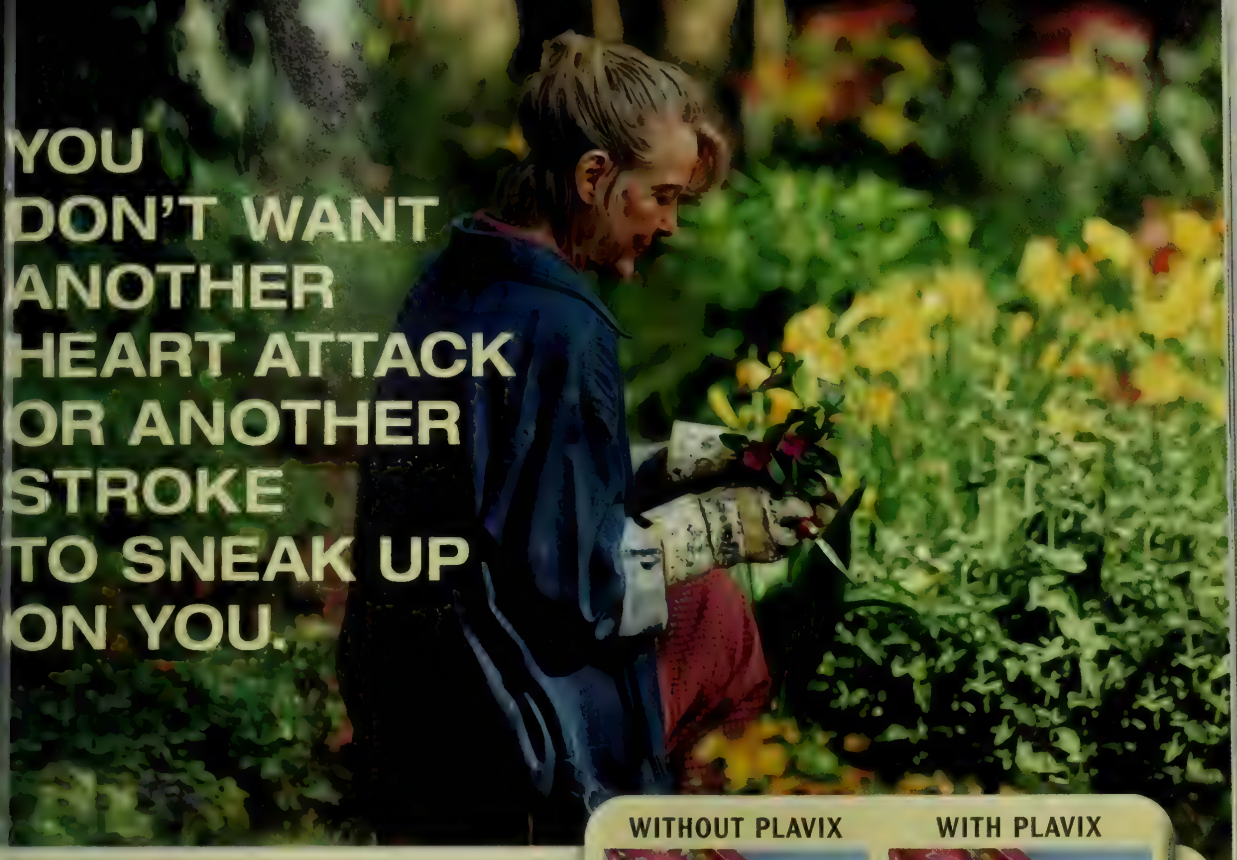
**Gravity happens.** And whether i spilled drinks or muddy tracks— will come down on your floor. Wh better floor to have than hardwoo Properly finished, wood floors a without a doubt an easy floor surfa to keep clean and looking good. T keep yours in top condition, follo these hints to minimize the need f repair and refinishing later.

First, keep grit off the floor. Di grit, and sand act like sandpaper scratch and dull hardwood floor Place floor mats at all exterior doo to trap incoming debris. Throw ru just inside entrances also serve reinforcement.

Second, sweep, vacuum, or dus mop at least weekly.

- If sweeping, use brooms with fin exploded ends to trap dust and gri
- If vacuuming, use a brush attach ment. Don't use a vacuum wit beater bars because they can caus dents in your floor's finish. Caniste vacuums with special bare floo attachments work most effectively.
- If dust-mopping, use a dust mo with a 12- to 18-inch cotton hea Check with the flooring manufac turer if a mop treatment is to b used. For quick touch-ups, try th new, lightweight, easy-to-assembl sweepers with disposable sheets tha attract and trap dirt and dust.
- Wipe up spills immediately an then wipe dry. Water and othe standing liquids can damage a floor' finish and warp the planks.
- Put fabric glides on your furnitur to prevent scratching and scuffin when the furniture is moved.
- Avoid ultraviolet light damage t finishes by installing window tintin or draping large windows.

When it comes to removing toug stains or restoring the finish of you particular floor, it's best to consul your local flooring dealer.




**/IX® HELPS KEEP BLOOD PLATELETS 'M STICKING TOGETHER AND FORMING 'TS, WHICH HELPS PROTECT YOU FROM 'THER HEART ATTACK OR STROKE.**

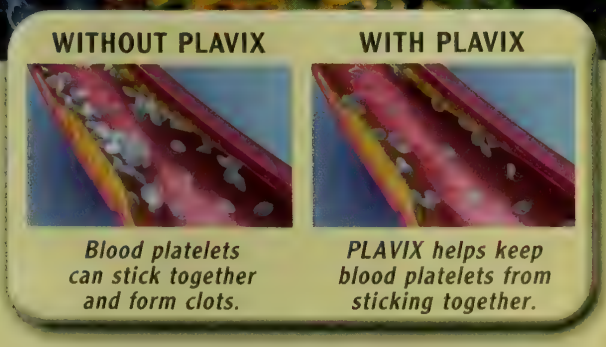
ı've had a heart attack or stroke, the last thing you is another one sneaking up on you. PLAVIX may PLAVIX is a prescription medication for people who had a recent heart attack or recent stroke, or who poor circulation in the legs, causing pain.

**VIX OFFERS PROTECTION.**

/IX is proven to help keep blood platelets from ing together and forming clots, which helps keep blood flowing. This can help protect you from her heart attack or stroke.

**VIX IS A SMALL PILL YOU TAKE ONCE A DAY.**

u have a medical condition that is causing bleeding, as a stomach ulcer, you should not use PLAVIX.




Side effects include itching, rash, diarrhea and bruising. Additional rare, but serious, side effects could occur.

**TALK TO YOUR DOCTOR ABOUT PLAVIX.**

For more information, visit www.plavix.com or call **1-888-355-1152.**

ONCE-A-DAY

**Plavix®**

(clopidogrel bisulfate) 75mg tablets

**PROVEN TO HELP PROTECT FROM ANOTHER HEART ATTACK OR STROKE**

Please see important product information on the following page.

Bristol-Myers Squibb/Sanofi Pharmaceuticals Partnership

sanofi~synthelabo

Bristol-Myers Squibb Company

# PLAVIX®
## clopidogrel bisulfate tablets

**BRIEF SUMMARY** — Please see package insert for full prescribing information.
**INDICATIONS AND USAGE:** PLAVIX (clopidogrel bisulfate) is indicated for the reduction of atherosclerotic events (myocardial infarction, stroke, and vascular death) in patients with atherosclerosis documented by recent stroke, recent myocardial infarction, or established peripheral arterial disease.
**CONTRAINDICATIONS:** PLAVIX is contraindicated in patients with a hypersensitivity to the drug substance or any component of the product, and those with active pathologic bleeding such as peptic ulcer or intracranial hemorrhage.
**WARNINGS:** *Thrombotic thrombocytopenic purpura (TTP):* TTP has been reported rarely following use of PLAVIX, sometimes after a short exposure (<2weeks). TTP is a serious condition requiring prompt treatment. It is characterized by thrombocytopenia, microangiopathic hemolytic anemia (schistocytes [fragmented RBCs] seen on peripheral smear), neurological findings, renal dysfunction, and fever. TTP was not seen during clopidogrel's clinical trials, which included over 11,300 clopidogrel-treated patients. In worldwide postmarketing experience, however, TTP has been reported at a rate of about four cases per million patients exposed, or about 11 cases per million patient-years. The background rate is thought to be about four cases per million person-years.
**PRECAUTIONS: General:** As with other antiplatelet agents, PLAVIX should be used with caution in patients who may be at risk of increased bleeding from trauma, surgery, or other pathological conditions. If a patient is to undergo elective surgery and an antiplatelet effect is not desired, PLAVIX should be discontinued 7 days prior to surgery. *GI Bleeding:* PLAVIX prolongs the bleeding time. In CAPRIE, PLAVIX was associated with a rate of gastrointestinal bleeding of 2.0%, vs. 2.7% on aspirin. PLAVIX should be used with caution in patients who have lesions with a propensity to bleed (such as ulcers). Drugs that might induce such lesions (such as aspirin and other nonsteroidal anti-inflammatory drugs [NSAIDs]) should be used with caution in patients taking PLAVIX. *Use in Hepatically Impaired Patients:* Experience is limited in patients with severe hepatic disease, who may have bleeding diatheses. PLAVIX should be used with caution in this population.
**Information for Patients:** Patients should be told that it may take them longer than usual to stop bleeding when they take PLAVIX, and that they should report any unusual bleeding to their physician. Patients should inform physicians and dentists that they are taking PLAVIX before any surgery is scheduled and before any new drug is taken.
**Drug Interactions:** Study of specific drug interactions yielded the following results: *Aspirin:* Aspirin did not modify the clopidogrel-mediated inhibition of ADP-induced platelet aggregation. Concomitant administration of 500 mg of aspirin twice a day for 1 day did not significantly increase the prolongation of bleeding time induced by PLAVIX. PLAVIX potentiated the effect of aspirin on collagen-induced platelet aggregation. The safety of chronic concomitant administration of aspirin and PLAVIX has not been established. *Heparin:* In a study in healthy volunteers, PLAVIX did not necessitate modification of the heparin dose or alter the effect of heparin on coagulation. Coadministration of heparin had no effect on inhibition of platelet aggregation induced by PLAVIX. The safety of this combination has not been established, however, and concomitant use should be undertaken with caution. *Nonsteroidal Anti-Inflammatory Drugs (NSAIDs):* In healthy volunteers receiving naproxen, concomitant administration of PLAVIX was associated with increased occult gastrointestinal blood loss. NSAIDs and PLAVIX should be coadministered with caution. *Warfarin:* The safety of the coadministration of PLAVIX (clopidogrel bisulfate) with warfarin has not been established. Consequently, concomitant administration of these two agents should be undertaken with caution. (See **Precautions-General**). *Other Concomitant Therapy:* No clinically significant pharmacodynamic interactions were observed when PLAVIX was coadministered with **atenolol, nifedipine,** or both atenolol and nifedipine. The pharmacodynamic activity of PLAVIX was also not significantly influenced by the coadministration of **phenobarbital, cimetidine** or **estrogen**. The pharmacokinetics of **digoxin** or **theophylline** were not modified by the coadministration of PLAVIX (clopidogrel bisulfate). At high concentrations *in vitro*, clopidogrel inhibits $P_{450}$ (2C9). Accordingly, PLAVIX may interfere with the metabolism of **phenytoin, tamoxifen, tolbutamide, warfarin, torsemide, fluvastatin,** and many **non-steroidal anti-inflammatory agents,** but there are no data with which to predict the magnitude of these interactions. Caution should be used when any of these drugs is coadministered with PLAVIX. In addition to the above specific interaction studies, patients entered into CAPRIE received a variety of concomitant medications **including diuretics, beta-blocking agents, angiotensin converting enzyme inhibitors, calcium antagonists, cholesterol lowering agents, coronary vasodilators, antidiabetic agents, antiepileptic agents** and **hormone replacement therapy** without evidence of clinically significant adverse interactions.
**Drug/Laboratory Test Interactions:** None known.
**Carcinogenesis, Mutagenesis, Impairment of Fertility:** There was no evidence of tumorigenicity when clopidogrel was administered for 78 weeks to mice and 104 weeks to rats at dosages up to 77 mg/kg per day, which afforded plasma exposures >25 times that in humans at the recommended daily dose of 75 mg. Clopidogrel was not genotoxic in four *in vitro* tests (Ames test, DNA-repair test in rat hepatocytes, gene mutation assay in Chinese hamster fibroblasts, and metaphase chromosome analysis of human lymphocytes) and in one *in vivo* test (micronucleus test by oral route in mice). Clopidogrel was found to have no effect on fertility of male and female rats at oral doses up to 400 mg/kg per day (52 times the recommended human dose on a mg/m$^2$ basis).
**Pregnancy:** Pregnancy Category B. Reproduction studies performed in rats and rabbits at doses up to 500 and 300 mg/kg/day (respectively, 65 and 78 times the recommended daily human dose on a mg/m$^2$ basis), revealed no evidence of impaired fertility or fetotoxicity due to clopidogrel. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of a human response, PLAVIX should be used during pregnancy only if clearly needed.
**Nursing Mothers:** Studies in rats have shown that clopidogrel and/or its metabolites are excreted in the milk. It is not known whether this drug is excreted in human milk. Because many drugs are excreted in human milk and because of the potential for serious adverse reactions in nursing infants, a decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the nursing woman.
**Pediatric Use:** Safety and effectiveness in the pediatric population have not been established.
**ADVERSE REACTIONS:** PLAVIX (clopidogrel bisulfate) has been evaluated for safety in more than 11,300 patients, including over 7,000 patients treated for 1 year or more. The overall tolerability of PLAVIX was similar to that of aspirin regardless of age, gender and race, with an approximately equal incidence (13%) of patients withdrawing from treatment because of adverse reactions. The clinically important adverse events observed in CAPRIE are discussed below.

*Hemorrhagic:* In patients receiving PLAVIX in CAPRIE, gastrointestinal hemorrhage occurred at a rate of 2.0%, and required hospitalization in 0.7%. In patients receiving aspirin, the corresponding rates were 2.7% and 1.1%, respectively. The incidence of intracranial hemorrhage was 0.4% for PLAVIX compared to 0.5% for aspirin. *Neutropenia/agranulocytosis:* Ticlopidine, a drug chemically similar to PLAVIX, is associated with a 0.8% rate of severe neutropenia (less than 450 neutrophils/μL). Patients in CAPRIE were intensively monitored for neutropenia. Severe neutropenia was observed in six patients, four on PLAVIX and two on aspirin. Two of the 9599 patients who received PLAVIX and none of the 9586 patients who received aspirin had neutrophil counts of zero. One of the four PLAVIX patients was receiving cytotoxic chemotherapy, and another recovered and returned to the trial after only temporarily interrupting treatment with PLAVIX. Although the risk of myelotoxicity with PLAVIX thus appears to be quite low, this possibility should be considered when a patient receiving PLAVIX demonstrates fever or other sign of infection. *Gastrointestinal:* Overall, the incidence of gastrointestinal events (e.g., abdominal pain, dyspepsia, gastritis and constipation) in patients receiving PLAVIX (clopidogrel bisulfate) was 27.1%, compared to 29.8% in those receiving aspirin. The incidence of peptic, gastric or duodenal ulcers was 0.7% for PLAVIX and 1.2% for aspirin. Cases of diarrhea were reported in 4.5% of patients in the PLAVIX group compared to 3.4% in the aspirin group. However, these were rarely severe (PLAVIX = 0.2% and aspirin = 0.1%). The incidence of patients withdrawing from treatment because of gastrointestinal adverse reactions was 3.2% for PLAVIX and 4.0% for aspirin. *Rash and Other Skin Disorders:* The incidence of skin and appendage disorders in patients receiving PLAVIX was 15.8% (0.7% serious); the corresponding rate in aspirin patients was 13.1% (0.5% serious). The overall incidence of patients withdrawing from treatment because of skin and appendage disorders adverse reactions was 1.5% for PLAVIX and 0.8% for aspirin

Adverse events occurring in ≥2.5% of patients on PLAVIX® in the CAPRIE controlled clini shown below regardless of relationship to PLAVIX. The median duration of therapy was 2 with a maximum of 3 years.

**Adverse Events Occurring in ≥ 2.5% of PLAVIX® Patients**

| *Body System* Event | % Incidence PLAVIX [n=9599] | % Incidence Aspirin [n=9586] | % Discontinuation PLAVIX [n=9599] | % Discontinuation Aspirin [n=9586] |
|---|---|---|---|---|
| *Body as a Whole - general disorders* | | | | |
| Chest Pain | 8.3 | 8.3 | (0.2) | (0.3) |
| Accidental Injury | 7.9 | 7.3 | (0.1) | (0.1) |
| Influenza-like symptoms | 7.5 | 7.0 | (<0.1) | (<0.1) |
| Pain | 6.4 | 6.3 | (0.1) | (0.1) |
| Fatigue | 3.3 | 3.4 | (0.1) | (0.1) |
| *Cardiovascular disorders, general* | | | | |
| Edema | 4.1 | 4.5 | (<0.1) | (<0.1) |
| Hypertension | 4.3 | 5.1 | (<0.1) | (<0.1) |
| *Central & peripheral nervous system disorders* | | | | |
| Headache | 7.6 | 7.2 | (0.3) | (0.2) |
| Dizziness | 6.2 | 6.7 | (0.2) | (0.3) |
| *Gastrointestinal system disorders* | | | | |
| Abdominal pain | 5.6 | 7.1 | (0.7) | (1.0) |
| Dyspepsia | 5.2 | 6.1 | (0.6) | (0.7) |
| Diarrhea | 4.5 | 3.4 | (0.4) | (0.3) |
| Nausea | 3.4 | 3.8 | (0.5) | (0.4) |
| *Metabolic & nutritional disorders* | | | | |
| Hypercholesterolemia | 4.0 | 4.4 | (0) | (<0.1) |
| *Musculo-skeletal system disorders* | | | | |
| Arthralgia | 6.3 | 6.2 | (0.1) | (0.1) |
| Back Pain | 5.8 | 5.3 | (0.1) | (<0.1) |
| *Platelet, bleeding, & clotting disorders* | | | | |
| Purpura | 5.3 | 3.7 | (0.3) | (0.1) |
| Epistaxis | 2.9 | 2.5 | (0.2) | (0.1) |
| *Psychiatric disorders* | | | | |
| Depression | 3.6 | 3.9 | (0.1) | (0.2) |
| *Respiratory system disorders* | | | | |
| Upper resp tract infection | 8.7 | 8.3 | (<0.1) | (<0.1) |
| Dyspnea | 4.5 | 4.7 | (0.1) | (0.1) |
| Rhinitis | 4.2 | 4.2 | (0.1) | (<0.1) |
| Bronchitis | 3.7 | 3.7 | (0.1) | (0) |
| Coughing | 3.1 | 2.7 | (<0.1) | (<0.1) |
| *Skin & appendage disorders* | | | | |
| Rash | 4.2 | 3.5 | (0.5) | (0.2) |
| Pruritus | 3.3 | 1.6 | (0.3) | (0.1) |
| *Urinary system disorders* | | | | |
| Urinary tract infection | 3.1 | 3.5 | (0) | (0.1) |

Incidence of discontinuation, regardless of relationship to therapy, is shown in parenthe

Other adverse experiences of potential importance occurring in 1% to 2.5% of patients PLAVIX (clopidogrel bisulfate) in the CAPRIE controlled clinical trial are listed below rega relationship to PLAVIX. In general, the incidence of these events was similar in the aspirin group. *Autonomic Nervous System Disorders:* Syncope, Palpitation. *Body as a Whole - ge orders:* Asthenia, Hernia. *Cardiovascular disorders:* Cardiac failure. *Central and peripheral system disorders:* Cramps legs, Hypoaesthesia, Neuralgia, Paresthesia, Vertigo. *Gastro system disorders:* Constipation, Vomiting. *Heart rate and rhythm disorders:* Fibrillation at *and biliary system disorders:* Hepatic enzymes increased. *Metabolic and nutritional disorde* hyperuricemia, non-protein nitrogen (NPN) increased. *Musculo-skeletal system disorders:* Arthrosis. *Platelet, bleeding & clotting disorders:* GI hemorrhage, hematoma, platelets de *Psychiatric disorders:* Anxiety, Insomnia. *Red blood cell disorders:* Anemia. *Respiratory sys orders:* Pneumonia, Sinusitis. *Skin and appendage disorders:* Eczema, Skin ulceration. *Uri tem disorders:* Cystitis. *Vision disorders:* Cataract, Conjunctivitis. Other potentially serious events which may be of clinical interest but were rarely reported (< 1%) in patients who PLAVIX are listed below regardless of relationship to PLAVIX. In general, the incidence events was similar in the aspirin group. *Body as a whole:* Allergic reaction, necrosis i *Cardiovascular disorders:* Edema generalized. *Gastrointestinal system disorders:* Gastric u forated, gastritis hemorrhagic, upper GI ulcer hemorrhagic. *Liver and Biliary system d* Bilirubinemia, hepatitis infectious, liver fatty. *Platelet, bleeding and clotting disorders:* hema hematuria, hemoptysis, hemorrhage intracranial, hemorrhage retroperitoneal, hemorrhage tive wound, ocular hemorrhage, pulmonary hemorrhage, purpura allergic, thrombocytope *blood cell disorders:* Anemia aplastic, anemia hypochromic. *Reproductive disorders,* Menorrhagia. *Respiratory system disorders:* Hemothorax. *Skin and appendage disorders:* eruption, rash erythematous, rash maculopapular, urticaria. *White cell and reticuloendothe tem disorders:* Agranulocytosis, granulocytopenia, leukemia, leukopenia, neutrophils decre

**Postmarketing Experience:** The following events have been reported spontaneously from w postmarketing experience; very rare cases of hypersensitivity reactions including angioedem chospasms, and anaphylactoid reactions. Suspected thrombotic thrombocytopenic purpura (TTP) reported as part of the worldwide postmarketing experience, see **WARNINGS**.
**OVERDOSAGE:** One case of deliberate overdosage with PLAVIX (clopidogrel bisulfate) was ed in the large, controlled clinical study. A 34-year-old woman took a single 1,050-mg PLAVIX (equivalent to 14 standard 75-mg tablets). There were no associated adverse eve special therapy was instituted, and she recovered without sequelae. No adverse events were ed after single oral administration of 600 mg (equivalent to 8 standard 75-mg tablets) of PL healthy volunteers. The bleeding time was prolonged by a factor of 1.7, which is similar to t ically observed with the therapeutic dose of 75 mg of PLAVIX per day. A single oral dose dogrel at 1500 or 2000 mg/kg was lethal to mice and to rats and at 3000 mg/kg to b Symptoms of acute toxicity were vomiting (in baboons), prostration, difficult breathing, a trointestinal hemorrhage in all species.
**Recommendations About Specific Treatment:** Based on biological plausibility, platelet tran may be appropriate to reverse the pharmacological effects of PLAVIX if quick reversal is re
**DOSAGE AND ADMINISTRATION:** The recommended dose of PLAVIX is 75 mg once daily without food.

Manufactured by:
Sanofi-Synthelabo Inc.
New York, NY 10016
Distributed by:
Bristol-Myers Squibb/Sanofi Pharmaceuticals Partnership
New York, NY 10016

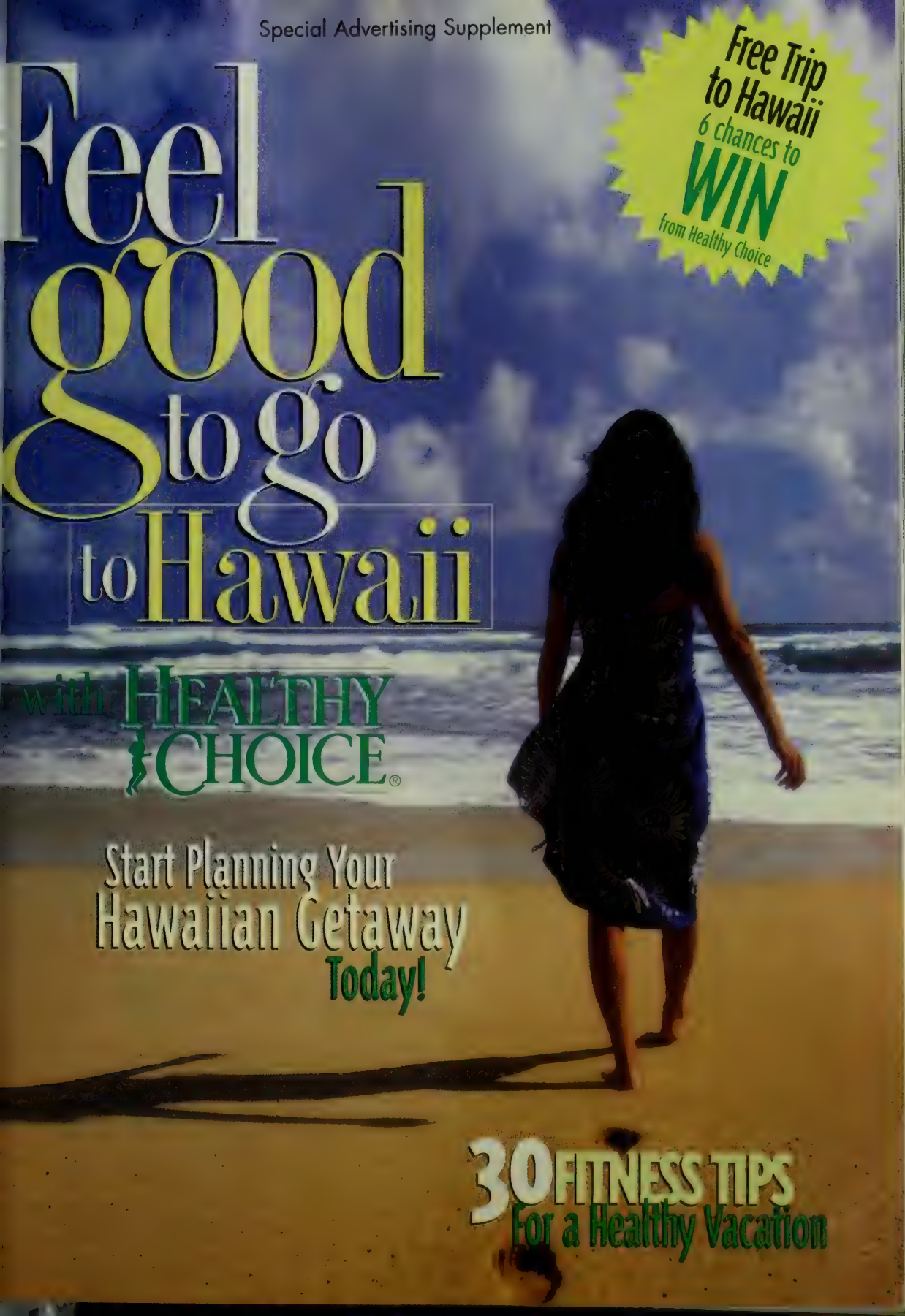
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Special Advertising Supplement



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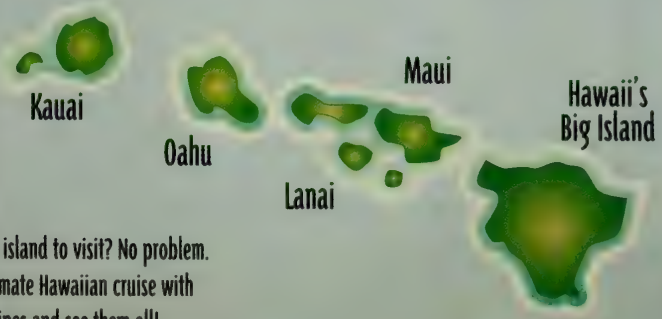
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# good for you Hawaii



DREAMING OF A REALLY BIG VACATION? IF YOU'RE INTO BEACHES, IMAGINE A **HAWAIIAN** GETAWAY NOW! On the next few pages, discover what makes Hawaii such a good-for-you destination. And take note of our HEALTHY CHOICE tips so you can look good and feel great for that fun-filled vacation. Ready? Keep turning those pages—to see how you might **WIN** an all-expense-paid trip for two to Hawaii, courtesy of HEALTHY CHOICE.




Can't decide which island to visit? No problem. Sign on for the ultimate Hawaiian cruise with Norwegian Cruise Lines and see them all!



# relax & restore on Oahu



At first glance, Oahu may seem too bustling to allow time for quiet, tropical pleasures. But look again. Away from HONOLULU, mountain ranges, waterfalls, and awesome coastlines unfold in unspoiled beauty. Hidden among them are some of Oahu's most private resorts. Even in the heart of popular WAIKIKI, you can find unexpected havens of peace.

Several of Oahu's resorts specialize in pampering, relaxing SPA TREATMENTS and HEALTHY GOURMET MEALS—a total rejuvenation program for body, mind, and soul. You can surrender to full-service spas, with fluffy robes, soothing music, fragrant hibiscus baths, green tea wraps, mango scrubs, seaweed treatments, massages, and other sensual delights. Or sign up for the FITNESS CENTER, where state-of-the-art exercise equipment begs to be used. Classes, from SUNRISE POWER WALKS on Kahana Beach to weight training and golf conditioning, may be offered throughout the day.





With everything you need right at your tips, there's no need to leave the resort. Or re? You're in a sensual mood, so how about ng your sense of taste? The islands' finest urants offer HAWAIIAN REGIONAL INE that celebrates the freshness and light- of local ingredients. Exotic flavors such as , lime leaf, tamarind, and passion fruit add to Asian-European dishes based on freshly t fish and locally grown produce.

And how about your sense of sight, as in eeing? For a sweeping 360-degree view of 's magnificent shores, hike to the top of MOND HEAD. And, the USS *Arizona* orial in PEARL HARBOR is a must for y buffs. You also can explore Oahu's rural by hanging out at KAILUA BEACH or g the tiny towns that line the North Shore, local surfers challenge the timeless sea. HC

## HEALTHY CHOICE.

Follow these tips to look good and feel great on your vacation. Remember to check with your physician before beginning any fitness program.

### HEALTHY EATING TIPS

**LABEL LINGO.** Just as spas do the nutrition thinking for you, so does HEALTHY CHOICE. For your own at-home spa cuisine, HEALTHY CHOICE food labels make it easy. Simply add up the values to make sure you're getting 100% of the nutrients you need every day for a healthy diet.

**THE LIGHT TOUCH.** Enjoy light, fresh, flavorful dishes at home the way they taste at your favorite spa. With HEALTHY CHOICE Soups and nutritious HEALTHY CHOICE Bowls, such as Roasted Red Pepper Chicken, you can recreate the spa experience to stay slim and fit all year long.

### FITNESS TIPS

**BURN IT OFF.** Spa activities are fun, even at home, especially when you know you're burning calories. Here are estimates for 30 minutes of exercise for a 135-pound woman:

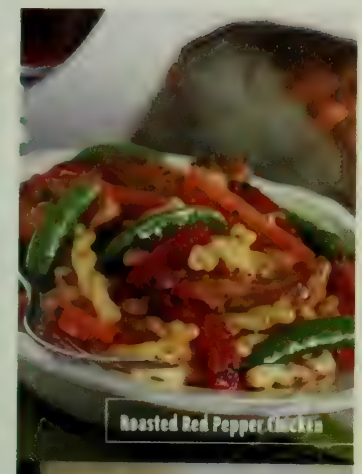
| | |
|---|---|
| Badminton: 141 | Golf: 170 |
| Beach combing: 75 | Hiking: 135 |
| Beach volleyball: 155 | Running: 294 |
| Canoeing: 135 | Sailing: 70 |

**BUDDY UP.** At a spa, working out with others is key to staying motivated and committed. At home, ask a friend who is at your level of fitness to walk or run with you. Or join a fitness class and get to know the regulars.

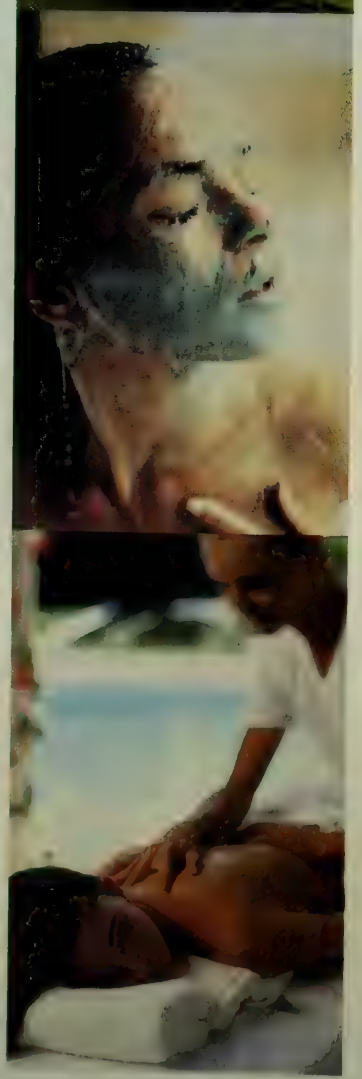
### WELLNESS TIPS

**MAKE SCENTS.** Turn your bathroom into an in-home spa. Sprinkle a few drops of a favorite scent in a bath or in a diffuser. Try rosemary for energy, lavender to help you sleep, chamomile for stress, and jasmine for the blues.

**QUIET, PLEASE.** Save some time for yourself every day. Enjoy a few minutes with your journal, yoga, meditation, or soft music.



Roasted Red Pepper Chicken



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# Splash









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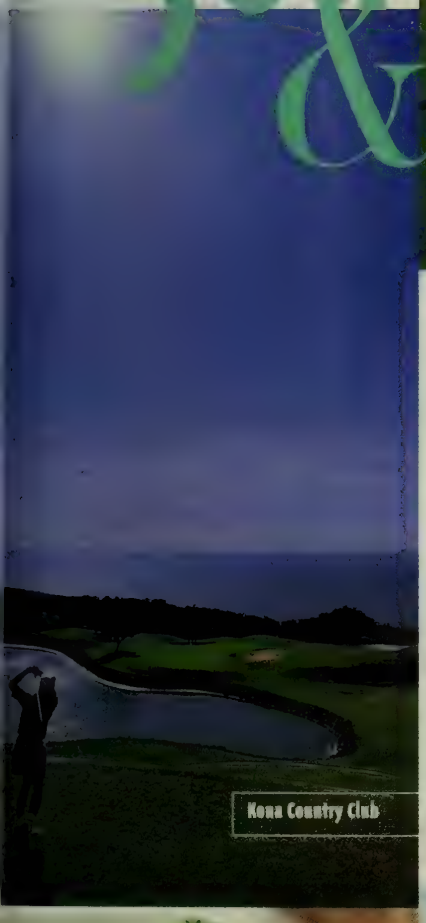
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RESORTS HAWAII

PRINCE HOTELS

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# golf & gaze on Hawaii




**WIDE-OPEN SPACES, ROLLING GREEN HILLS, AND SPRAWLING LAVA FIELDS DEFINE HAWAII, KNOWN AS "THE BIG ISLAND." WITH ALL THE GREEN OPEN SPACES, IT'S NO WONDER THIS ISLAND IS KNOWN AS THE GOLF CAPITAL OF THE ALOHA STATE.**

Eighteen GOLF COURSES dot the largely undeveloped Big Island, most of them hugging the sunny Kohala Coast. Like emerald oases, these world-class fairways curve around black lava outcroppings and often end smack against a shoreline cliff. Breathtaking views of the Pacific are worth an occasional pause on these challenging greens.

Besides the fairways on the Big Island, there are plenty of other spell-binding places to pause and reflect in this land of towering mountains, fiery volcano vents, lush rainforests, and black, green, and white sand beaches. The summit of MAUNA KEA is the clearest place to gaze at faraway galaxies and stars.

HEALTHY CHOICE

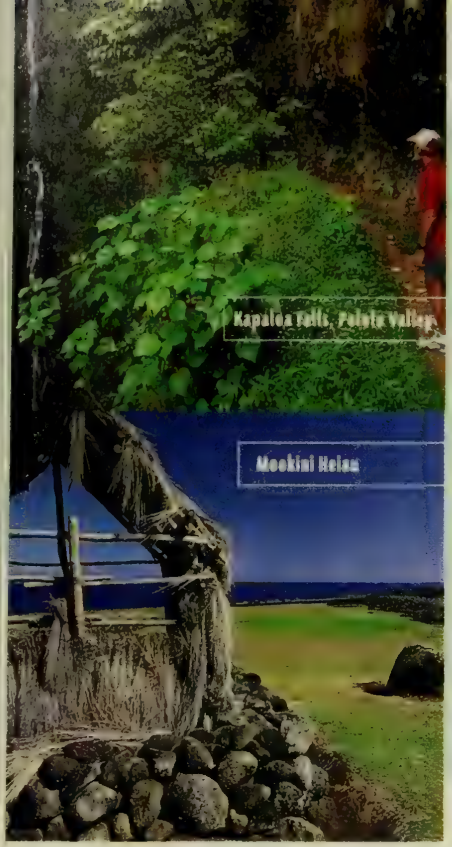
**HEALTHY EATING TIPS**

**HC START SMART.** Eat a good breakfast to energize your day and curb high-fat snacking. Fuel up on HEALTHY CHOICE Soft Honey Wheat Bread with sugar-free jelly.

**HC DO-IT-EASY DINNERS.** Who wants to cook after an active, busy day? Stock up on nutritious HEALTHY CHOICE Bowls, such as Chicken Teriyaki. Or try HEALTHY CHOICE Dinners, such as Chicken Parmigiana or Beef Tips Portabello.




www.healthychoice.com




# Hawaii

In remote WAIPIO VALLEY with its cascading falls and peaceful streams, you can watch taro farmers working their fields just as in ancient times. And the best vistas await you high above the ocean on the KOHALA MOUNTAIN ROAD and at POLOLU, which looks across inaccessible mountain ridges and the pounding surf below.

Your exploring may take you to ancient mystical places. At HAWAII VOLCANOES NATIONAL PARK, the raw power of Kilauea, an active volcano, surges endlessly between the cycle of destruction and creation. South Kona awaits the spiritual at PUUHONUA O

## HEALTHY CHO

**FITNESS TIPS**

**MASTER A MARTIAL ART.** Ancie places are a natural for the ancient orient that rely on the power of concentration. Th strengthening exercises of Qigong and the ing, relaxing movements of Tai Chi reduce and lower stress. Plus they increase muscle flexibility, and balance.

**STRETCH OUT.** Whether you're go exploring, stretching muscles before and a exercise prevents injuries and lessens fatig Start with a few minutes of walking or jogg place; then hold stretches from 5 to 15 seco the end of the session, stretch again.



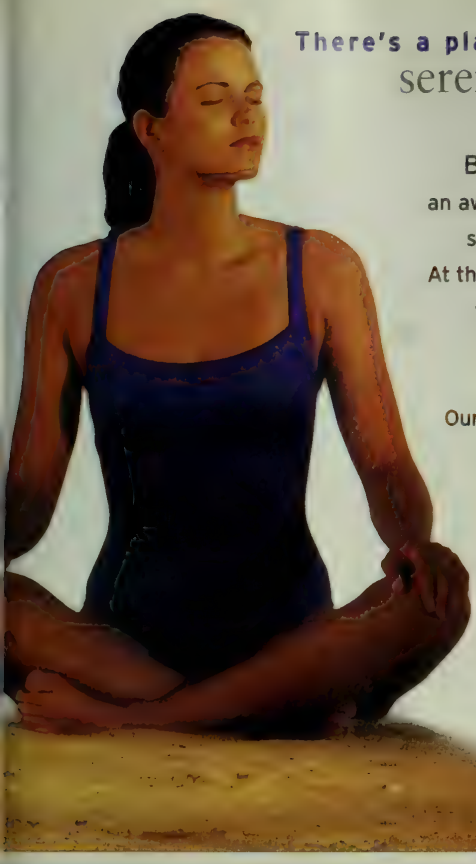

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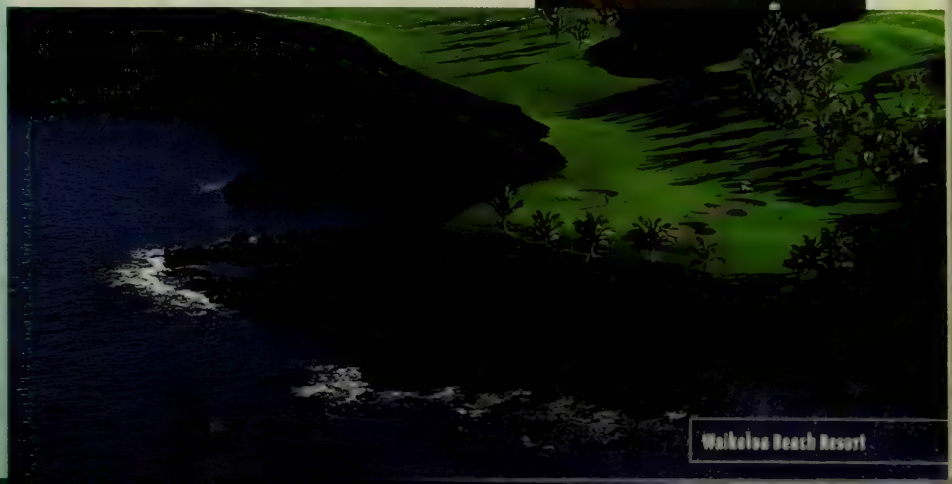
JW MARRIOTT IHILANI
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HONAUNAU, once a haven of refuge and healing. In sharp contrast, in remote North Kohala lies awesome MOOKINI HEIAU—an ancient site of human sacrifice. Sacred temples such as these are scattered all across the island. Their imposing structures still whisper of Hawaii's ancient gods. You just have to listen. HK

For more information on Hawaii's Big Island, call 1-800-648-2441 or visit www.bigisland.org.






**IESS TIPS**

**SLEEP WELL.** Sleep rejuvenates the body, the immune system, and melts away stress. ze soundly, stick to a regular schedule of ours of sleep and develop relaxing night- uals: a cup of chamomile tea, a hot bath vender oil, and calming bedroom colors.

**BE ON THE BALL.** A good game of golf s much on the power of visualization as it chnique. Study the Zen of golf the next u're on the links by focusing on your inner using at breathtaking views, visualizing a wing, and practicing letting go.

**MIND OVER MATTER.** Yoga and medita- n increase mental clarity, ease emotional , and strengthen muscles. Designate a n your home as your healing sanctuary. me soft lights, a candle, calm music, and n a good mat and meditation cushion.

**TRY NEW THINGS.** Unleash your creative d relieve stress. How? Try new things and your different senses—writing poetry, g, listening to music, or tasting new foods.



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In Waikiki, the **Hilton Hawaiian Village®** Beach Resort & Spa is the perfect beachfront family resort. On Waikiki's longest stretch of beach, the Village features 22 acres of lush tropical gardens, cascading waterfalls, and exotic wildlife, including resident penguins. With more than 90 boutiques and shops, there's a world of shopping to explore. The best in island entertainment is right here, and over 20 restaurants and lounges offer something to please every taste. For fun in the sun, enjoy 6 hours of free daily activities! And Friday nights are extra special, with the free KING'S JUBILEE celebration complete with Polynesian extravaganza and oceanside fireworks display. Kids love it! They can enjoy exciting supervised daily activities at the RAINBOW EXPRESS KEIKI CLUB, and the Vacation Station Library has books, toys, and games for the whole family. Opening this summer, the exciting BISHOP MUSEUM at Kālia lets you learn hands on about the culture and customs of the Hawaiian people through unique interactive exhibits and more. Also new is the extraordinary 42,000-square-foot MANDARA SPA and Holistica Hawaii Health Center, where Moms and Dads can retreat and enjoy the ultimate in pampering. Relaxation is raised to an exquisite art at Mandara Spa, with a superb selection of international therapeutic treatments, exotic facials, and Asian and Hawaiian massage therapies.





On the sunny Kohala coast of Hawaii's Big Island, **Hilton Waikoloa Village** offers family fun, recreation, and relaxation in the most heavenly tropical setting imaginable. There are 2 championship golf courses, 8 tennis courts, 3 pools, and waterslides. There's world-class shopping and 9 distinctive restaurants and lounges offering gourmet dining to casual snacks. The amazing DOLPHIN QUEST® LEARNING CENTER features an experience of a lifetime, an encounter with bottlenose dolphins. Just for children, CAMP MENEHUNE provides exciting supervised daily activities, and Vacation Station Library has books, toys, and games for the whole family. For Moms and Dads, the world renowned KOHALA SPA promises a rejuvenating escape with the perfect blend of modern therapies, ancient healing wisdom, and the latest in health and fitness technology.

On Oahu's North Shore, the **Hilton Turtle Bay Golf & Tennis Resort** has fun in the sun for the whole family. Set among swaying palms, quiet coves, and rolling surf, there are 2 pools, 10 tennis courts, 27 holes of championship golf, plus horseback riding, surfing, snorkeling, scuba diving, boating adventures, deep-sea fishing, and glider rides. This tropical countryside resort is a family favorite.



# make a spLash in Kauai

**KNOWN AS THE GARDEN ISLE, KAUAI IS AN ISLAND OF STUNNING PHYSICAL BEAUTY BRIMMING WITH WATERY FUN.**

Here, you'll find rushing mountain streams, clear rivers, cresting waves, quiet ponds, and cascading waterfalls in an Edenlike setting of lush rainforests and canyons. Soak in some fun—snorkeling, surfing, swimming, kayaking, diving, sailing, and water-skiing are all options.

Imagine SNORKELING above a coral reef where tropical fish weave in and out of waving sea fans. Or how about splashing around at POIPU, or taking a snorkel voyage by catamaran to exotic spots? You may see a monk seal, a sea turtle, or a breaching humpback whale.

Calm winds provide the island's ultimate fun—SURFING of all types. Either ride the waves or try a surfboard. Or trek to the north side of the isle, where WINDSURFING is the popular sport at Ke'e Beach on Na Pali.



HEALTHY CHOICE LOW-FAT Ice Creams from top to bottom: Cappuccino Chocolate Chunk, Cherry Chocolate Chunk, and Mint Chocolate Chip Ice Cream.

## HEALTHY CHOIC

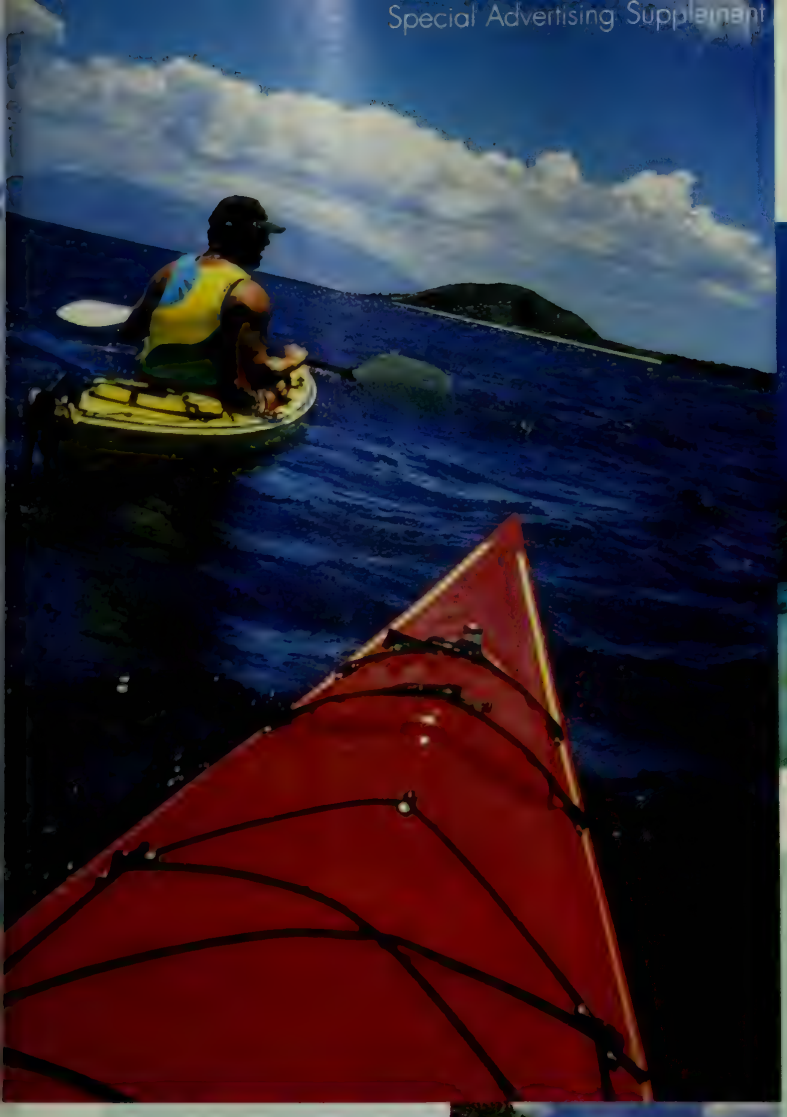
### HEALTHY EATING TIPS

**HC FLOAT THE BALANCE.** You already k that no more than 30% of your daily calories sh come from fat. But who has time to count? Let HEALTHY CHOICE labels do the math for you.

**HC THINK SLIM.** To trim down for swims season, learn to trust your sense of satisfactio and stop eating when you're full. HEALTHY CHO frozen dinners, such as Meat Lasagna or Chick Fettuccini Alfredo, are excellent choices when want to eat just the right amount.

**HC SNACK SMART.** Keep low-fat snacks hand to curb the between-meal hungries. Reac for HEALTHY CHOICE Low-Fat Ice Creams, such a Cappuccino Chocolate Chunk or Rocky Road.

**HC DRINK WATER, TOO.** Stay fully hydr on hot summer days. Waiting until you're thirs too late. Drink at least eight glasses of water a or more when you are playing hard.





Love KAYAKING? Paddle WAILUA ER to the mesmerizing Fern Grotto or try spectacular HANALEI. And a boat is the way to view the 3,000-foot-high cliffs that the rugged NA PALI COAST with its saw- ridges and waterfall-etched ravines.

In its awesome natural beauty, Kauai is per- for landlubbers, too. Hiking the KALALAU IL leads to white sand beaches, crescent s, and secluded valleys. And WAIMEA NYON, with its ever-changing play of led light and coppery colors, beckons from vesome depth. HC




## HEALTHY CHOICE.

### FITNESS TIPS

**BUFF YOUR UPPER BODY.** The natural resistance of water tones and strengthens. Just cup your hands, or use handheld paddles, and push the water to work your upper body muscles.

**LAP IT UP.** Swim to build strength and stamina. The breaststroke, backstroke, freestyle, and butterfly will work all your muscle groups.

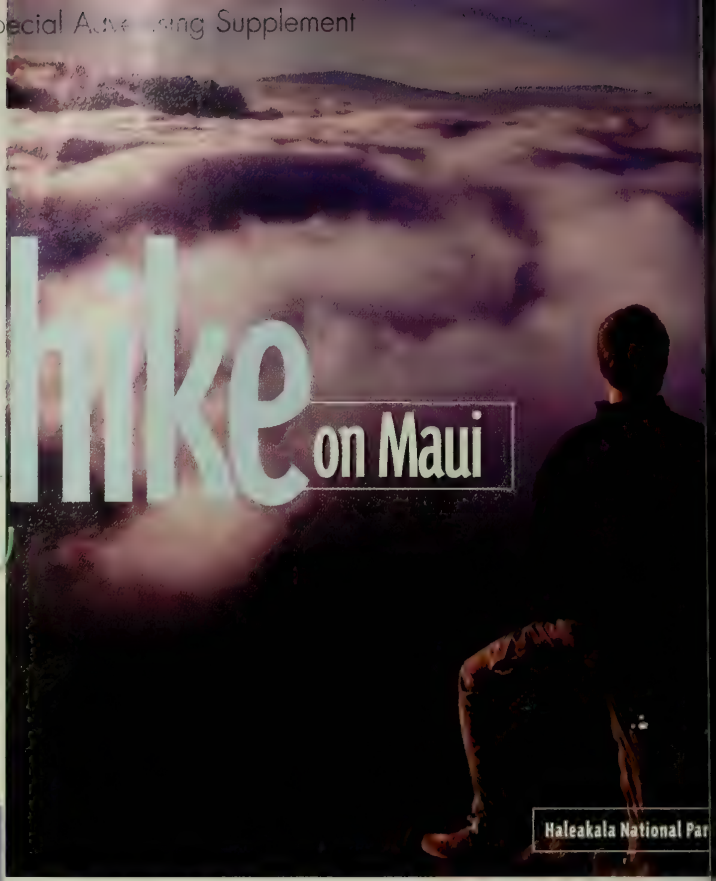
**NEW TO AQUATICS?** It's important to feel comfortable in the water. Start by swimming laps for 15 minutes the first couple of weeks. Then gradually increase your duration and intensity to avoid injury and enjoy your time in the water.

### WELLNESS TIPS

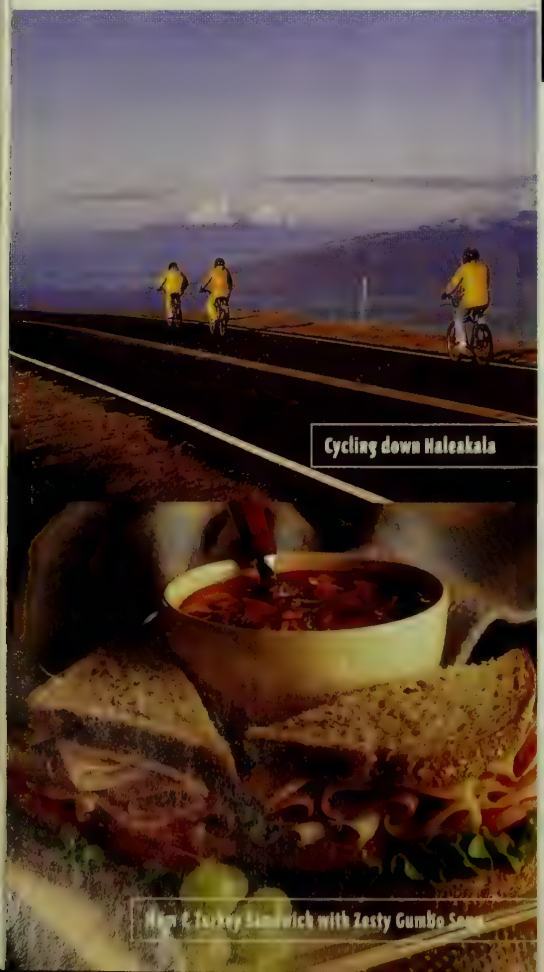
**SCREEN THE SUN.** Beware of the sun's rays. Wear sunscreen on bare skin and under light-colored clothing. And seek shade between the hours of 10 AM and 2 PM.

**DRY OFF, NOT OUT.** Protect yourself against chlorine, salt, and sun. Rinse off and use a deep conditioner for your hair and your favorite moisturizer for your skin.

# bike & hike on Maui




**THE BIKE TREK STARTS AT SUNRISE AT THE SUMMIT OF HALEAKALA, THE WORLD'S LARGEST DORMANT VOLCANO. HERE, 10,000 FEET ABOVE THE SEA, GOLDEN LIGHT POURS INTO A VAST MOONSCAPE OF CHARCOAL GRAY, RED, AND COPPER HUES.**




## HEALTHY CHOICE

### HEALTHY EATING TIPS

**BUILD STRONG BONES.** Calcium plus weight-bearing exercise, such as biking and hiking, makes for strong bones. Try to get about 1,000 to 1,200 mg of this vital mineral daily. HEALTHY CHOICE Low-Fat Ice Creams and HEALTHY CHOICE foods with cheese, such as Stuffed Pasta Shells, are good sources.

**PACK-ALONG PICNICS.** On long hikes and bike adventures, you need carbohydrates for energy and protein for muscular endurance. Keep the power in your day with hearty sandwiches of HEALTHY CHOICE Hearty 7-Grain Bread, HEALTHY CHOICE Savory Selections™ Honey Ham, and HEALTHY CHOICE Deli Traditions™ Oven Roasted Turkey Breast. At home, add a bowl of soup, such as HEALTHY CHOICE Zesty Gumbo Soup.

### FITNESS TIPS

**LIFT THOSE WEIGHTS.** Weight training makes all the difference. Do one set of 8 to 12 repetitions to the point of fatigue twice a week. Consult a fitness professional before starting.

It's all downhill from there, literally ocean breeze keeps you cool as cycle down the mountains to water's edge below. Maui is a mou biker's paradise and not jus HALEAKALA. Hundreds of mil bikeways traverse the Valley Isle.

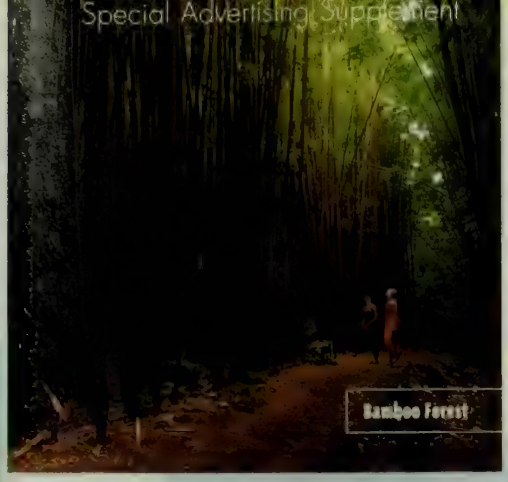
HIKING is another must-d this active island. The most specta trails lead from the summit of Hale through the crater, past cinder and lava flows. Chances are you the rare, ethereal silversword plant hiking is equally awesome along winding road to HANA wh between narrow bridges and ha turns, forest paths lead to breatht vistas, misty waterfalls, and lush fol

## EALTHY CHOICE

**:S TIPS**

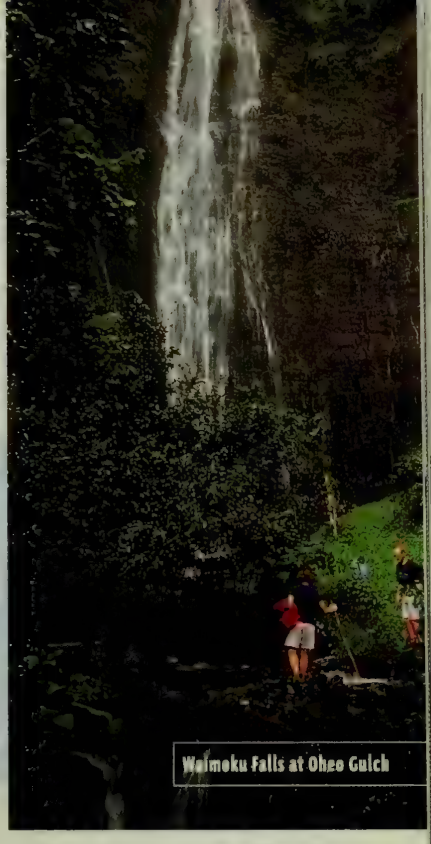
**WARM UP AND COOL DOWN.** Start orkout slowly and end with some cool- ime. Warming up and cooling down es and decreases your heart rate gradually rms your muscles, which prevents injury.

**MEET YOUR TARGET.** Staying in your one does your heart good. Too much ly can burn you out. Too little won't e the maximum benefit. Heart rate monitors p, but it's simpler to go by how you feel: u still maintain a normal conversation? our workout feel somewhat difficult? Good, in the zone!




Wander through KEANAE arboretum and marvel at the patchwork of taro fields rippling in the valley below. At WAIANAPANAPA STATE PARK, the trail takes you to a black sand beach. And, past the little town of Hana, at famous OHEO GULCH, you can hike up the stream to WAIMOKU FALLS with its basalt-lined pools and whispering bamboo forests.

West Maui, older and more weathered, offers its own unique beauties to hike. Early in





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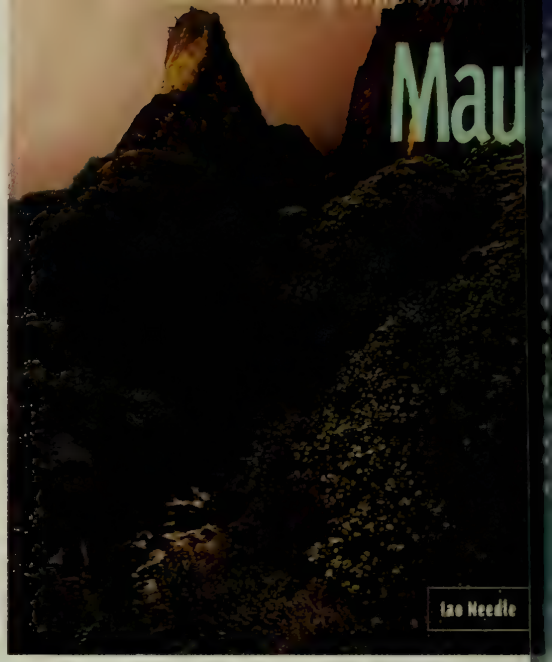
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the morning or late in the afternoon, deep Iao Valley o an awesome view of the IAO NEEDLE, a bizarre sp mountain peak pointing to rainbow-hugging skies. over the rocks along the stream to find your medita spot. Or visit busy LAHAINA, once a rowdy whaling and the state's first capital city. Its renovated buildings old Banyon tree, quaint shops, and galleries blend his images with modern design. HC

## HEALTHY CHOICE.

### WELLNESS TIPS

**STAY SAFE:** When you're hiking, make sure you stay on designated trails and tell someone how long you'll be gone before you set out.

**DRESS SMART:** Wear comfortable, strong-support shoes, dress in layers, and, if you're bicycling, put on a helmet.

**TUNE IN.** Keep an eye on the weather. It's best to check the forecast before you head out. If rain is predicted, prepare by bringing the appropriate rain gear, or opt for another day.

Turn the pages to find out how you can win an all-expense-paid trip to Hawaii.

Send editorial correspondence to: *Healthy Choice*, Meredith Integrated Marketing, 1716 Locust Street, Des Moines, IA 50309-3023.

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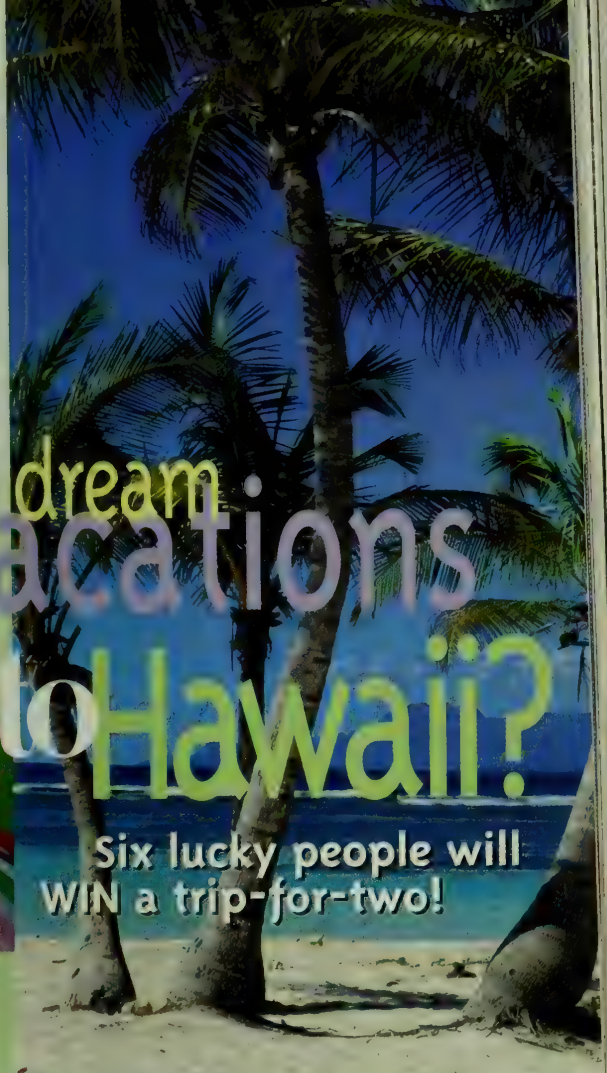
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**NO PURCHASE NECESSARY.** You are automatically entered in the sweepstakes when you complete and redeem the coupons available in this magazine supplement by 11/30/01. You may also enter by hand-printing your name and complete address on a 3" x 5" card and mailing it in an envelope to: Healthy Choice Hawaii Vacation Sweepstakes, P.O. Box 8515, Prospect Hts, IL 60070. Mailed entries must be postmarked by 11/30/01 and received by 12/10/01. Each entry must be mailed separately. All entries submitted become the sole property of ConAgra Foods, Inc. ("Sponsor") and none will be returned. No mechanically reproduced or photocopied entries allowed. Sponsor not responsible for lost, late, illegible, incomplete, damaged, postage-due or misdirected entries or mail, or for coupons redeemed late or misredeemed by retailers or others. **DRAWING:** Winners will be selected in a random drawing on or about 2/28/02 conducted by an independent judging organization whose decisions will be final on all matters relating to this sweepstakes. **ELIGIBILITY:** Sweepstakes open to legal U.S. residents, 18 years of age or older, except employees of ConAgra Foods, Inc., its affiliates, subsidiaries, suppliers, distributors, retailers, advertising, sales promotion and judging agencies and the immediate families and household members of each. **PRIZES:** Six (6) Prizes will be awarded in total. They are as follows: Prize #1(* **and** **): a 5-day/4-night trip for two to Hawaii, including round trip coach air transportation and 4 nights' hotel accommodations (one room, double occupancy). Approximate retail value ("ARV"): $4,500.00. Trip must be completed by 12/24/02 or it will be forfeited. Prize #2 (**) a 7-day/6-night Hawaiian cruise for two on Norwegian Cruise Lines, including round trip coach air transportation and 6-nights' accommodations (single cabin, double occupancy). ARV $4,900.00. Trip must be completed by 12/24/02. Prizes #3 – 6 (*** **and** ****) a 5-day/4-night trip for two to Hawaii, including round trip coach air transportation and 4 nights' hotel accommodations (single room, double occupancy). Trip must be completed by 12/24/02. ARV $4,500.00. Total ARV of prizes: $27,400.00. Actual value depends on point of origin and time of travel. All air transportation is from major commercial airports nearest winners' residences. Some blackout dates may apply at hotels or on air travel. All expenses not specified herein, including but not limited to, ground transportation, meals, taxes and gratuities are the sole responsibility of the winner. **GENERAL TERMS & CONDITIONS:** Prize winners will be notified by certified mail or Federal Express and must execute and return an Affidavit of Eligibility and Liability/Publicity Release (where permitted) within 21 days or prize will be forfeited. If a prize winner is a minor, prize will be awarded in winner's name to a parent/legal guardian who must execute and return an Affidavit of Eligibility and Liability/Publicity release (where permitted) on winner's behalf within 21 days of receipt of notification or prize will be forfeited and an alternate winner may be selected. Parent or legal guardian must accompany minor prize winner on trip. Winners' travel companions (or their parent or legal guardian if companion is a minor) must complete and return a Liability/Publicity release at least 14 days prior to departure. Odds of winning depend on the total number of entries received. By entering, entrants agree to abide by and be bound by these rules and the judges' decisions. Prizes are non-transferable. No cash redemptions or substitutions permitted, except by Sponsor, who may substitute a prize of equal or greater value if a featured prize becomes unavailable. All taxes on prizes are winners' sole responsibility. By accepting a prize, winner agrees that neither ConAgra Foods, Inc., its affiliates, subsidiaries, suppliers, distributors, retailers, and/or any of their respective shareholders, directors, officers, distributors, employees or agencies, including but not limited to Promotion Activators, Inc., will have any liability whatsoever for any injuries, losses, harm, damage, cost, or expense arising from or in connection with the acceptance, possession or use of prize, or participating in prize-related activities, including, without limitation, any personal injury or death. Acceptance of a prize further constitutes winner's consent that the Sponsor may use winner's name, likeness and/or prize and biographical information worldwide without limitation for advertising or promotional purposes without further compensation, except where prohibited. All Federal, State, and Local laws and regulations apply. Void where prohibited. **WINNERS LIST:** For names of winners, available after 2/28/02 send a self-addressed, stamped envelope before 4/30/02 to: Healthy Choice Hawaii Vacation Winners, P.O. Box 8419, Prospect Hts, IL 60070. Sponsor: ConAgra Foods, Inc., Omaha, NE.

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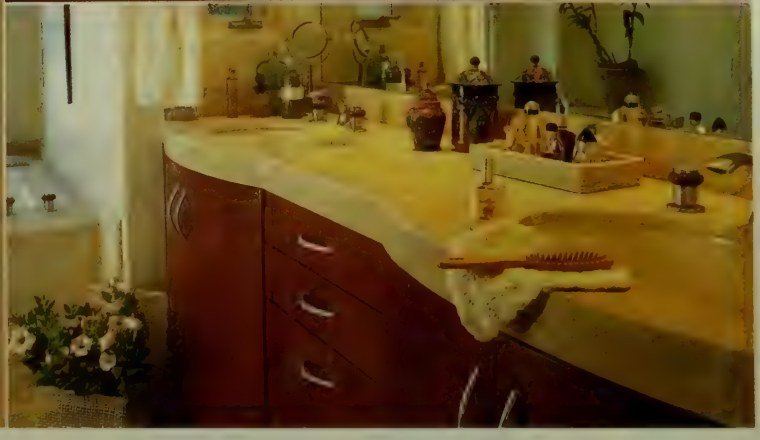
# better by design

**Trend-setting kitchens and baths** have lots going for them these days. More kitchens boast comfort and cooking efficiencies, plus they gleam with restaurant styling. And in baths, limestone joins marble and granite as a surfacing of choice. Check out all of these stylish appointments, noting how the homeowners' personal tastes ring true.









continued from page Z1

by Jim Hufnage

Originally, a wa separated the kitchen from an 8-foot hallway running from th front door to th living room. Replacing that wall with a cou- ple of structural columns merge the areas into one free-flowing space.

A planning cent (*left, bottom*) tucks between one counter and a pair of wall ovens. "I wanted this as an area to pay bills, plan menus, and assemble ingredient lists," Peggy says.



## Walls came down

From the moment she first walked in the front door of her San Francisco Bay area home, designer Peggy Rogers knew things were going to have to change. A previous remodeling had chopped up the main living area with lots of walls, halls, and small isolated rooms. And the kitchen, though fairly large, was cut up by islands that made the space difficult to use.

To open up the plan, Peggy and husband Jordan removed walls, ceilings, even windows. Taking out

continued on page Z4

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continued from page Z2



four windows created more wall space for upper cabinets, but since the windows faced the street, they weren't a big loss. Removing a wall opposite the old windows opened the kitchen to a glass wall in the living room that lets in lots of light from a private patio and deck outside.

Peggy planned her new kitchen as a series of work units. Range tops are flanked by a prep area on the right side and a chopping area with cleanup sink and disposer on the left. The main sink, located just across from the range top, is adjacent to a pair of dishwashers.

**Because her new kitchen is wide open to the living room, Peggy insisted on "cabinets that look like furniture." She chose custom fir cabinet and drawer fronts with brushed nickel pulls.**

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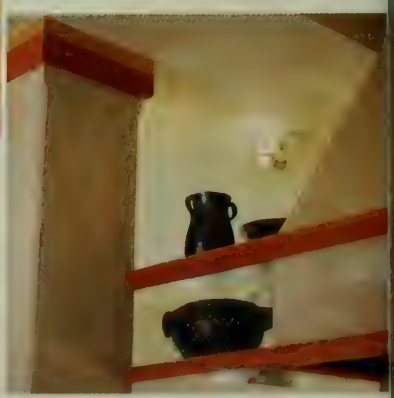


The prep sink (*right*) features fixtures with an antique nickel finish. Note the counter edge's stainless-steel banding sandwiched between two layers of rough-edge granite.



The main sink, a single-bowl porcelain unit (*left*), is super deep. Peggy especially likes being able to put a big pot into it, out of sight from the living room or front door.

An imported Swedish putty finish on the support columns and range hood (*below*) gives those surfaces a concretelike texture.



The focal point of Peggy's kitchen is a large island that includes the cooktop, a prep sink, and bar-stool seating on two sides. Peggy didn't want the seating all in a line. Instead, she visualized two grandchildren sitting and coloring while one of their parents reads the paper or munches on a sandwich. The tractor-seat-style wood stools came from an Aspen, Colorado, home that belonged to Jordan's parents.

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continued from page



## Throwing a curve

When Karen Foster bought her 1938 one-owner home in San Diego, California, she was amazed to discover, "No meal had ever been cooked here. There was no working kitchen, no garbage disposer, no dishwasher. The original range had never been used and there was a toaster oven sitting on the table."

With the help of architect Wallace Cunningham and his interior designer wife Pamela, Karen decided to improve the usability of the kitchen by combining several existing rooms and a bump-out with a curved exterior wall.

continued on page Z10

**The remodeling expanded the house with a panoramic window-lined work area. This made room for the intimate, elegant eating area in the foreground.**

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continued from page Z8



The cooktop/food prep area (*right*) looks out on a pleasant garden scene. Casement windows with 1930s-style hardware open to bring in refreshing breezes.





"I owned another home with an arched wall and ha always liked it," Karen told us. "It's reminiscent of th rounded side porches or conservatories you see on olde Colonial homes."

To keep its appearance as open as possible, such bulkier appliances as the refrigerator and ovens ar located out of view on the opposite wall. Even th microwave oven hides out in a niche under the counter

Karen, Wallace, and Pamela took their cue for th cabinet design from the other interior panel doors i

continued on page Z1

A French door (*top left*) leads to a secluded patio. Rounded shelves next to it continue the curvilinear motif. Major appliances were located discreetly out of view from the dining area.

The rounded bump-out (*left bottom*) brings distinction to what was once a stucco box of a house. A deck on top of the addition serves the children's upstairs bedrooms.



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continued from page Z10



By creating one large space with the food preparation and dining areas connected, this family friendly room (*below*) is the center of activities for the Foster clan all day long.

The baking center (*right*) pops up when it's needed and stows away under the counter afterward, letting Karen clear the decks between mealtimes.





Detailing like this column and sconce (*above*) match finish trim in the original house, making it all but impossible to spot where the old leaves off and the new space begins.

the house, with similar knobs stained to match the hardwood flooring. Likewise, all sconces in the house are identical, a continuity of design preferred by Karen.

She commissioned a craftsman to make the kitchen table. It has a cherry top and maple legs, coated with six coats of varnish. "Interestingly, the kids did their homework here when they were younger and their pencil markings indented into the varnish," Karen says, "So I have their very first words imbedded into the table."

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Buying information, page Z24


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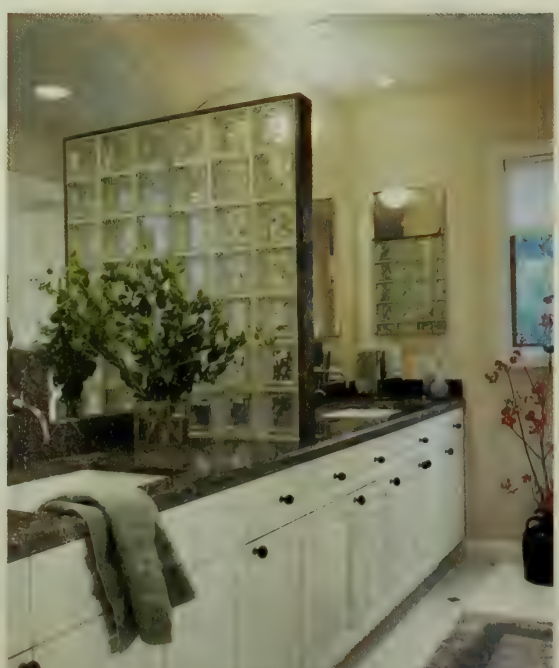


**Simple design details give this bath a lot of flair. The faucets, for example (*above, top*), are mounted on a raised section of the backsplash that matches the dimensions of the sink cutout.**

**Hampers under the counter (*above, bottom*) catch clothes enroute to the washing machin As garments are removed before taking a shower, they go right into the wire baskets.**

# Bathroom built for two

continued from page Z14



**A polished granite counter sits on top of white cabinets with black pulls (*right*). Between the basins, a 3½-foot-high glass block divider stops short of the ceiling.**

Part of a second-story addition David and Linda Stern's new maste bath lets them both get ready for th day at the same time, thanks to layout that gives the shower an toilet their own compartments, an a double vanity that runs the length of the 11½-foot room. A glass block wall divides the vanity withou interrupting the flow of natural ligh from each end of the room. Arche mirrors reflect the divider wall an bring curves to the narrow space.

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Buying information, page Z24

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continued from page Z16



# A study in limestone

Honed limestone, which is treated with an acid wash to remove its sheen, brings textural sophistication to the tub alcove, countertop, floor, and shower tiles in the bath at Linda and David Johnson's contemporary Del Mar, California, home.

A distinctive native Torrey Pine tree just outside also played a big role in the bath's design. Strategically located windows at the tub and lavatories frame glimpses of the tree's trunk, branches, and needles.

**Rounded vanity fronts, custom-made from an exotic-hardwood veneer, individualize each basin without splitting them off from each other. A niche on the opposite wall provides a stage for greenery.**

continued on page Z20



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continued from page Z18



The focus of the Johnsons' master bath is its limeston tub alcove. Here a large arched window looks out ove the backyard pool toward a grove of pines and th Pacific Ocean in the distance.

A generously sized shower, tiled in 12-inch-squar limestone, accompanies the whirlpool tub. "The showe not only has a preset temperature control to avoid scald ing yourself, but also two separate body-spray nozzles tha supplement the main showerhead," Linda reports. Th limestone motif continues into the master bedroom.

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Buying information, page Z2

**Clean lines and light earth tones don't distract from the tub's commanding view (*above*). San Diego designer Cathy Gill worked in tandem with Linda, who recently launched her own interior design firm.**

**The roomy, glass-enclosed shower (*right*) is also tiled in limestone, as are nightstands in the adjacent bedroom.**






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# Details make a big difference

Every chosen element has to contribute to the not-so-big picture when you're remodeling space as tight as most bathrooms. That's what Jim Vegher and John Grisby demonstrated with the new master bath in their 1932 Portland, Oregon, home.

Originally, the top floor of the one-room-wide house was chopped up into a master bedroom, a master bath, two guest bedrooms, a hallway bath, and an empty dormer room. Jim and John reconfigured everything to create a master suite, a master study, and a guest suite.

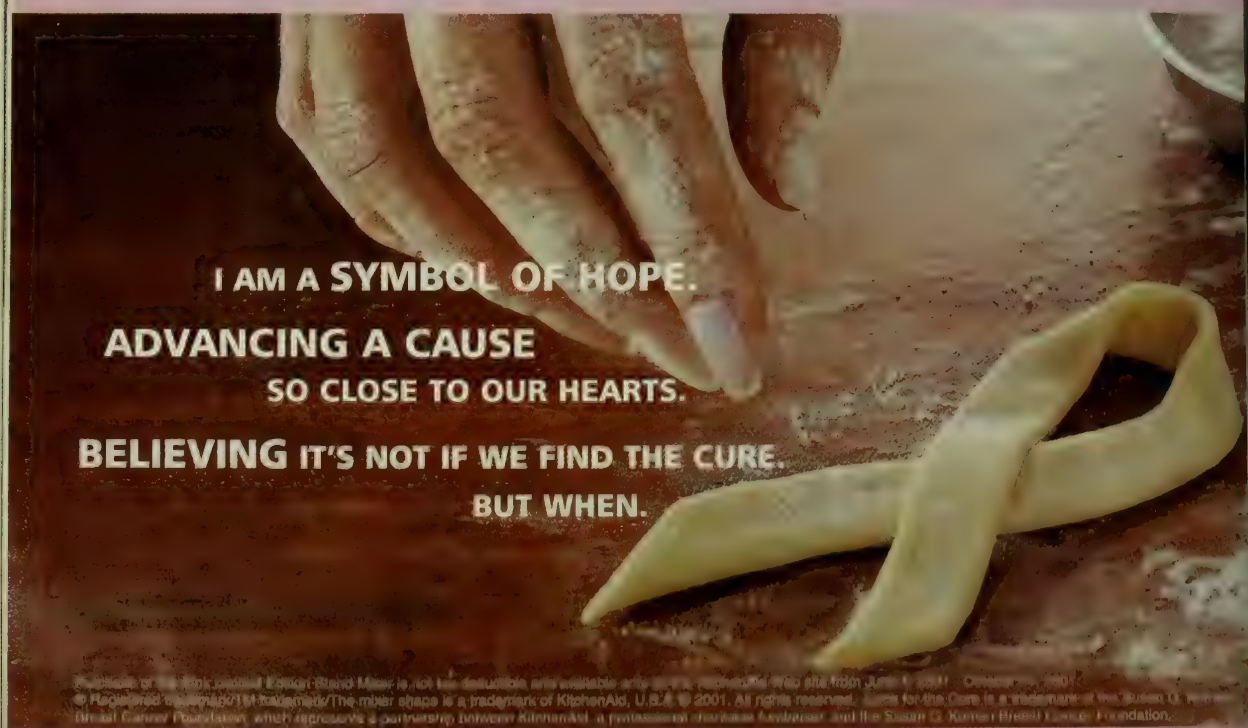
The new master bath, in space formerly occupied by the guest bath and a wall of closets, includes a dual-basin vanity, whirlpool tub, and a roo glass-enclosed shower.



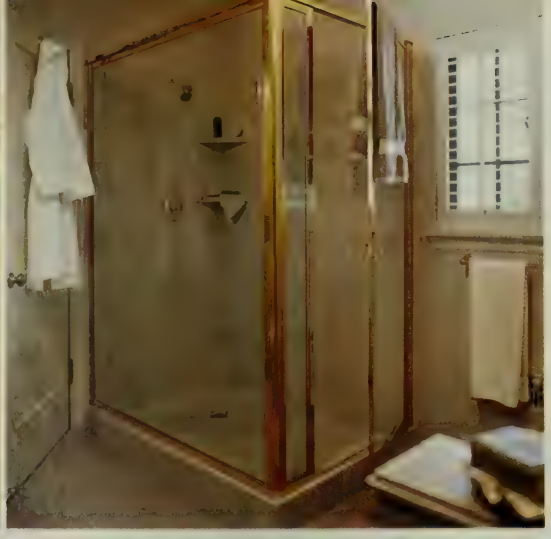
**Mirrors on three sides of the vanity (*right*) amplify natural light, and brass fittings contribute even more sparkle. Limestone counters and tub surfacing join with white cabinets to create a neutral palette.**

Jim says, "Our remodeling guidelines were to reco figure the house to fit today's living. In order to char the walls, we had to use a jackhammer to remove the wall, floor tile, and an inch of mortar under them. We a









Rope-style limestone trim (*center*) brings texture and design interest to the edges of the tub surround and countertop. "We chose limestone for its warmth and color," Jim says.

Since the master bath is a small room, Jim and John felt that clear glass shower doors (*left*) would give a bright and open feel to the space. Window shutters further the clean, crisp look.

d to add all new plumbing for both baths."

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Some of the products shown editorially in the Better by Design section of *Better Homes and Gardens*® magazine can be obtained locally. For more information, contact the manufacturers listed below.

### Walls Came Down

**Page Z2: island granite countertop** (Golden Garnet); **main limestone countertop** (German)—Walker Zanger; 877/611-0199; or visit their Web site at www.walkerzanger.com. **Countertop fabrication**—Stone Masonry, P.O. Box 4502, Santa Rosa, CA 95402; 707/542-3931. **Cabinet fabrication, installation, hood fabrication**—Design Line Cabinets, 3100 Kerner Blvd., San Rafael, CA 94901; 415/456-4166. **Cabinet hardware**—custom. **Light fixtures**—Capri Lighting, 776 S. Green St., Tupelo, MS 38801; 800/234-1890. **Wall ovens,** "Epicurean"—Dacor, 950 S. Raymond Ave., Pasadena, CA 91105; 800/793-0093; or visit www.dacor.com. **Rug,** "Dhurrie"—Ira Seret & Sons, 149 E. Alameda St., Santa Fe, NM 87501; 505/988-9151. **Barstools**—homeowner's collection. **Main sink,** "Farmhouse Dickinson" (Bisquit)—Kohler Co.; 800/456-4537; or visit www.kohler.com. **Main sink faucet** (Brushed Nickel)—Concinnity, a Division of I.W. Industries, 40 Melville Park Rd., Melville, NY 11747; 800/356-9993; www.concinnityusa.com. **Dishwashers,** "Superba"; **compactor**—KitchenAid; 800/422-1230; or visit www.kitchenaid.com. **Blinds** (Natural Wood Tone)—Hunter Douglas Window Fashions, Customer Information Center, 1 Duette Way, Broomfield, CO 80020; 800/937-7895; or visit www.hunterdouglas.com. **Fruit basket**—Fillamento, 2185 Fillmore St., San Francisco, CA 94115; 888/500-8507; or visit their Web stie at www.fillamento.com. **Desk chair,** "Bistro" (Galvanized Steel)—Smith & Hawkin, P.O. Box 6900, Florence, KY 41022-6900; 800/776-3336; www.smithandhawken.com. **Mirror over desk** (Stainless Steel)—Pottery Barn; 800/922-5507; www.potterybarn.com.

**Page Z4: cooktop**—Dynasty Range, 7355 E.Slauson Ave., Commerce, CA 90040; 800/794-5233; www.dynastyrange.com. **Refrigerator**—Sub-Zero Freezer Co., Inc., 4717 Hammersley Rd., Madison, WI 53711; 800/222-7820; www.subzero.com. **Wood chair**—custom.

**Page Z6 (*top*): prep sink,** "Porto Fino" undermount (Bisquit)—Kohler Co.; 800/456-4537; www.kohler.com. **Prep sink faucet set** (Brushed Nickel)—Concinnity (address above). **Island granite countertop** (Golden Garnet)—Walker Zanger; to order a catalog call 877/611-0199; or visit www.walkerzanger.com. **Countertop fabrication**—Stone Masonry (address above). **(*Center*): refrigerator**—Sub-Zero Freezer Co., Inc. (address above). **Dishwashers,** "Superba"; **compactor, microwave oven**—KitchenAid; 800/422-1230; www.kitchenaid.com. **Main sink,** "Farmhouse Dickinson" (Bisquit)—Kohler Co.; 800/456-4537; www.kohler.com. **Main sink faucet** (Brushed Nickel)—Concinnity (address above). **Pot rack,** "Enclume"—Williams-Sonoma; 800/541-2233; or visit www.williams-sonoma.com. **Blinds** (Natural Wood Tone)—Hunter Douglas Window Fashions (address above). **Main limestone countertop** (German)—Walker Zanger; to order a catalog call 877/611-0199; www.walkerzanger.com. **Countertop fabrication**—Stone Masonry (address above). **(*Bottom*): Swedish putty finish**—Schreuder Dutch Paint, imported by Fine Paints of Europe, P.O. Box 419, Woodstock, VT 05901; 800/332-1556; or visit Web site at www.finepaints.com.

### Throwing a Curve

**Page Z8: table**—custom. **Chairs**—Pottery Barn; 800/922-5507; www.potterybarn.com. **Plain colored bowls, plates,** Portuguese "Kera"—Bo Danica, 7722 Girard Ave., La Jolla, CA 92037; 619/454-6107. **Vase on table, napkins, glasses, pitcher**—Cost Plus World Market, 200 Fourth St., Oakland, CA 94607; 800/267-8758; www.costplusworldmarket.com. **Silverware**—no source. **Chandelier**—Heritage Lanterns, 70 A Main St., Yarmouth, ME 04096; 800/544-6070. **Wall paint,** "#7750W" (Beach Basket); **trim paint,** "CW030W" (Apple Peel)—Frazee Paint & Wallcovering, Marketing Dept., 6625 Miramar Rd., San Diego, CA 92121; 619/276-9500. **Cabinet hardware**—Jado, 7845 E. Paradise Ln., Scottsdale, AZ 85260; 800/227-2734; www.jadousa.com. **Cabinets**—custom. **Wall sconces**—Gibson and Gibson, 180 Mace St., #C-9, Chula Vista, CA 92011; 619/422-2447. **Dishwasher**—Bosch, 5551 McFadden Ave., Huntington Beach, CA 92649; 800/866-2022; or visit their Web site at www.boschappliances.com. **Windows**—no source.

**Page Z10 (*top*): cooktop**—Dacor, 950 S. Raymond Ave., Pasadena, CA 91105-3226; 800/793-0092. **Microwave**—Sharp Electronic Corp., Appliance Div., Sharp Plaza, Mahwah, NJ 07430-2135; 800/237-4277; www.sharp-usa.com. **Granite counter**—Marmol Exports, 8909 Kenamar Dr., San Diego, CA 92121; 858/578-0799. **Sconces**—Gibson and Gibson (address above). **Cabinet hardware**—Jado (address above). **Cabinet**—custom. **(*Center*): wall ovens**—Dacor (address above). **Refrigerator**—Sub-Zero Freezer Co., Inc., 4717 Hammersley Rd., Madison, WI 53711; 800/222-7820; www.subzero.com.

**Page Z14 (*top*): mixer**—KitchenAid; 800/422-1230; www.kitchenaid.com. **(*Bottom left*): plain colored bowls, plates,** Portuguese, "Kera"—Bo Danica (address above). **Vase on table, napkins, glasses, pitcher**—Cost Plus World Market (address above). **Silverware**—no source. **(*Bottom right*): sconces**—Gibson and Gibson (address above). **Windows**—no source.

### A Bathroom Built for Two

**Page Z16: custom cabinets**—Don Long Cabinets, 1033 Blackwood Ln., Lafayette, CA 94549; 925/284-4766. **Cabinet hardware**—Baldwin Hardware Corp., P.O. Box 15048, Reading, PA 19612-5048; 800/566-1986. **Glass block,** "Rubio Series"—Weck; 800/922-9938. **Cabinet hinge on open door**—Accuride International, Inc., 12311 Shoemaker Ave., Santa Fe Springs, CA 90670; 562/903-0200; or visit www.accuride.com. **Granite countertop**—no source. **Towels**—Fieldcrest Cannon; 800/841-3336; www.royalvelvet.com. **Can lights**—Halo from Cooper Lighting, 1121 Hwy. 74 S, Peachtree City, GA 30269; 770/486-4800; www.cooperlighting.com. **Floor tile,** "La Faen Series"—CustomTile, Inc., 3427 St. Mary's Rd., Lafayette, CA 94549; 925/283-7577. **Sinks and faucets**—Kohler Co.; 800/456-4537; www.kohlerco.com. **Mirrors**—Schicker Shower Doors, 1444 Royal Industrial Way, Concord, CA 94520; 800/676-5040; www.schickershower-doors.com. **Rug**—Mervyn's California Department Store, 5010 Northgate Dr., San Rafael, CA 94903; 415/499-9330. **Wire hamper**—Feeny Manufacturing, Div. of Knape & Vogt Manufacturing, 2700 Oak Industrial Dr., Grand Rapids, MI 49505; 800/253-1561; www.knapeandvogt.com.

### A Study in Limestone

**Page Z18: cabinets**—Unique Laminate and Wood, 342-B E. Barham Dr., San Marcos, CA 92069; 760/471-0370. **Cabinet hardware**—Omnia Ind., P.O. Box 330, Cedar Grove, NJ 07009; 973/239-7272; www.omniindustries.com. **Limestone countertop and tile floor**—Marmol Exports (address above). **Sink, tub**—Kohler Co.; 800/456-4537; Web site: www.kohlerco.com. **Sink and tub faucets**—Altmans 1 Bagno, Inc., 8919 Beverly Blvd., Los Angeles, CA 90048; 310/274-5896. **Towels**—Ralph Lauren Home Collection, 1185 Ave. of the Americas, New York, NY 10036; 800/578-7656. **Light fixture**—Concord Lighting, 1176 Morena Blvd., San Diego, CA 92110; 619/275-2303. **Mirror, paint**—custom.

**Page Z20 (*top*): tub**—Kohler Co.; 800/456-4537; www.kohlerco.com. **Tub faucets**—Altmans 1 Bagno, Inc. (address above). **Textured towels, bath[mat], perfume trays**—Gifts, Et. Al., 2690 Via de la Valle, Del Mar, CA 92014; 612/755-8278. **Roman shades** (S[ilk]) Robert Allen Fabrics, 55 Cabot Blvd., Mansfield, [MA] 02048; 800/333-3777. **(*Bottom*): shower fixtu[re]** Hansgrohe, 1490 Bluegrass Lakes Pkwy., Alpha[retta], GA 30004; 800/719-1000; www.hansgrohe-usa.[com]. **Limestone floor and shower tile**—Marmol Ex[ports] (address above). **Ceiling light**—no source. **T[rash] can**—Cedros Trading Co., 307 S. Cedros [Ave.], Solana, CA; 858/794-9016. **Towels**—Ralph La[uren] Home Collection (address above). **Toilet**—K[ohler] Co., 800/456-4537; www.kohlerco.com.

### Details Make a Big Difference

**Page Z22: sinks,** "Portrait #K2189-8" (Biscuit); **[bath] faucets,** "Revival Trad. #KT16102-4A" (Polished Br[ass]); **whirlpool tub,** "Hourglass 32 #K1206R" (Bisc[uit]); **tub faucets,** "Revival Trad. #KT16122-4A" (Polis[hed] Brass); **toilet,** "Portrait #K3490 EB1.6G" (Biscu[it]). Kohler Co.; 800/456-4537; www.kohlerco.com. **Li[mestone] stone tile,** "Country Rustic" 16" x 16"; **chair ra[il] rope,** "Classic Light"—Pratt & Larson Tile, Inc., [12811] SE. Third Ave., Portland, OR 97214; 503/231-9[254]. **Paint**—Miller Paint Co., Inc., 12812 NE Whitaker [Way], Portland, OR 97214; 800/852-3254.

**Page Z23 (*left*): limestone tile,** "Country Rus[tic]" 16" x 16"; **chair rail & rope,** "Classic Light"—P[ratt] & Larson Tile, Inc. (address above). **(*Right*): sh[ower] er enclosure**—custom. **Shower fixtures**—Ko[hler] Co.; 800/456-4537; or visit their Web site [at] www.kohlerco.com.

## architects & designers

### Walls Came Down

**Pages Z2-Z6: contractors**—Tom Meany and Na[ncy] Brewer, Trust Builders, P.O. Box 872, Belvedere, [CA] 94920; 415/435-2811.

### Throwing a Curve

**Pages Z8-Z14: interior designer**—Pamela Sm[ith] Interiors, 1117 W. Arbor Dr., San Diego, CA 92[103]; 619/291-5792. **Architect**—Wallace Cunningham, [1]W. Arbor Dr., San Diego, CA 92130; 619/293-76[00]. **General contractor**—Rusty Johnson, P.O. Box 18[00], Vista, CA 92085; 760/758-9916.

### A Bathroom Built for Two

**Page Z16: architect**—Peter Golze, Bayfront, 3[00] Telegraph Ave., Berkeley, CA 94705; 510/548-43[00]. **Interior designer**—Patsy Slater, Slater/Marinoff, 1[900] Fourth St., Berkeley, CA 94710; 510/548-3108. **C[on]tractor**—M.D. Construction, 29 Meadowpark [Ct.], Orinda, CA 94563; 510/254-6459.

### A Study in Limestone

**Pages Z18-Z20: architect**—Ron Wilson, 2640 Del M[ar] Heights Rd., Del Mar, CA 92014; 619/755-3204. **In[te]rior designers**—Cathy Gill Design, 152 Solana Pc[t] Cr., Solana Beach, CA 92075; 619/259-0626. **Lin[da]** Johnson, Casa Bella Interiors, 308 Ocean View, [Del] Mar, CA 92014; 619/481-7306.

### Details Make a Big Difference

**Pages Z22-Z23: design**—Jim Vegher; send e-mail [to] jimjohnpdx@aol.com.

**Editor's Note:** We inadvertently listed an incorrect phone number from the following feature in our May 2001 issue. Here is the correct information:

**Statement Beds**
**Pages Z38-Z40: decorative painter**—Linda Thomas; 203/274-0074.



# The doll every little girl loved from TV is back!

*"Family Affair's"*

# "MRS. BEASLEY"

SHE SPEAKS!

She says the original, beloved 11 phrases, characterized lovingly by Cheryl Ladd

- Quality vinyl with a 20-inch huggable cloth body
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*tion of the purchase price of this ll will benefit* Childhelp USA *n's charity, of which Cheryl Ladd is an official Ambassador.*

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This doll is an adult collectible, NOT A TOY. It may contain parts and other materials inappropriate for small children.

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***4 payments of just $22.49***

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"Mrs. Beasley" original toy vinyl dolls in mint condition sell today for *up to $500*...but this one is yours to pick up and hug again for just $89.99.* To relive the memories, we invite you to order today!

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*Black Dragon Lily*
*(Lilium auratum Black Dragon)*

editor's choice

# See Lily Grow

"How do you get your lilies to grow so gosh-darn *tall?*" we are often asked. "What kind of fertilizer makes a lily *do* that?" The answer: We do nothing. We shy away from chemical concoctions. And we grow trumpet lilies, those grandly imposing beauties that just naturally tower over Asiatic and Oriental lilies—and even over some of us.

While trumpet lilies, like their vertically challenged kin, do blossom in an array of colors, none (there, we said it: none) is more dramatic than Black Dragon, whose dark maroon buds appear as upside-down vases of bronze-purple on the outside and creamy white on the inside. More color: Black Dragon's throat is a rich butter-yellow. Mr. Inside, meet Mr. Outside. It's sinister, it's dreamy, it's two—two—two plants in one.

Alas, Black Dragon is not as winter-hardy as one might like. And where most gardeners plant lilies in the fall with their offerings of tulips and daffs, if you endure harsh winters (say, 5° below or worse) wait until spring to plant Black Dragon. After a season of growth, it should be established enough to take the cold. Then behold the Dragon.

- **Growth habit:** 5 to sometimes even 6 feet tall. Really.
- **Hardiness:** Minus 15°. Maybe minus 20° if you mulch like crazy.
- **Bloom time:** Midsummer. ■ **Light:** Full sun.

continued on page 88

by Craig Summers Black

The sun

is some

93 million

miles

from earth.

Tell that

to your skin.

may not realize all the sun your skin's actually taking in. Like the
inute trip to the supermarket. The 40-minute bike ride. Even the
inute chase after your runaway dog. But you can help protect your skin
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Look for copies wherever quality books are sold, or on online at www.bhgbooks.com.

Better Homes and Gardens BOOKS



continued from page 86



Sometimes Dabney imagines himself an inch-tall garden planner His oversize Adirondack chair helps

## test garden tip

**Dr. Dabney's design decrees**

Dabney Peeples may be a landscape architect, but at his home in Easley, South Carolina, he gardens just like you and me—with dirt, toil, tears, and sweat. But his years of working in his garden, and designing many others, have given him some insight into what makes a garden work and how you can work smarter instead of harder.

- "In forming beds and borders, think easy, lazy curved lines. No squiggles. Long lazy curves are restful." And much easier to mow.
- "When designing, picture yourself walking through the space very slowly. I pretend I'm an inch tall, walking around on the paper with a glass of wine, showing it to some body I admire."
- "Think of the garden in thre dimensions—walls, ceilings, an floors. Think of implied hallway formed by beds or shrubs, fo example, and implied walls forme by trees or large shrubs."
- "You must let go of your omni potent attitude. You can't be sulta of your garden. Let your garde surprise you, then you enjoy wha happens one day to the next."
- "A garden can't just be pretty. It got to feel good."

continued on page 9



A detail from Dabney's garden (*left*): "Plants do not make a garden. You must have structure and some manmade objects, such as art. Otherwise it becomes just a bunch of plants."





light


mid light


outdoor light

**People who wear Transitions eyeglass lenses tend to see the world differently. With greater clarity and vision. Even in changing light conditions.**
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Open up and smile.

ntinued from page 88





## looking good



**Oh so pretty vacant**

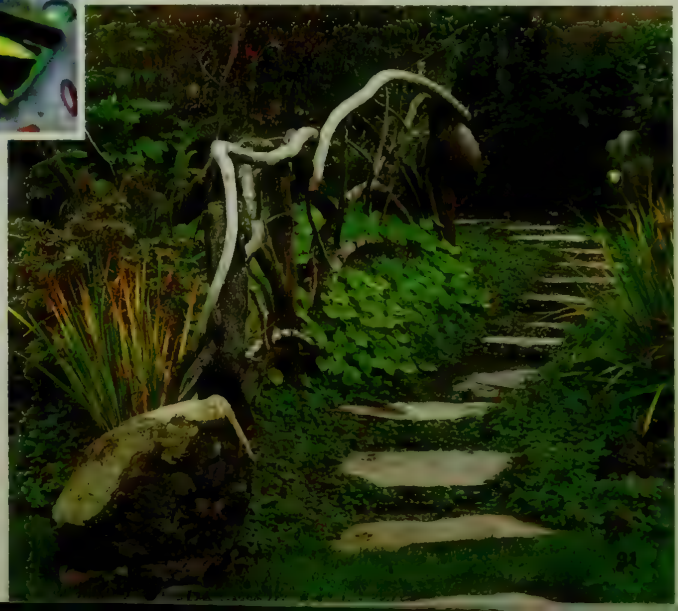
In Washington state, the seaside village of Langley is home to in-the-know restaurants, tony boutiques, and not-too-pricy antiques shops. Not all that long ago, Langley was also home to a nasty-looking patch of weeds on a vacant corner lot smack-dab in the center of town.

Enough got to be enough, however, and Langley resident Nancy Nordoff bought the property and *gave* it to the town. One stipulation: It must become a community garden. So be it. After a spirited design competition, and a rewarding outpouring of support and involvement on the part of townsfolk, Langley had its garden.

The park's centerpiece is an airy structure inspired by aging farmsteads, its ribs exposed. Like old farms, there is a hint of orchard. But unlike old farms, this property is festooned with dazzling paint and artwork. And the grounds are landscaped in fashion-forward mode.

A testament to the park's success: This is a much-used space. Kids especially love it. And sometimes, late at night, you will see the glow of a candle burning. ⌂

Buying information, page 207



The front (*top right*) and back (*top left*) of the park's "farmhouse" tell two different tales. Local artists and residents brought offerings to add to the mosaics (*above*). Intensive landscaping has all-season good looks (*right*).




*Shakers shown smaller than actual size. Height of salt shaker: 3¾"*

# *Hope and Harmon*

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These imported crystal shakers c be ordered direct from Lenox at ju $25, payable in installments. A Ce ificate of Authenticity will accompa the pair.

To acquire this set of collectible sha ers for beautiful home display, simp complete and mail the attached Ord Form by the date indicated.




# A Honey of a Holiday

THE FIRST ANNUAL
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Winnie the Pooh is wearing a Santa hat ar he's feeling quite generous, for he's sharing pot of honey with his pal Piglet.

A *Honey of a Holiday* is a fully sculptur collector ornament by the artists of Leno Crafted in ivory fine china, the ornament accented by hand with 24 karat gold ar pleasing pastels.

A *Honey of a Holiday* is the first in a Lenox collection of annual ornaments featurin Winnie the Pooh and friends. The ornamer will be crafted only until Christmas Day 200 Each ornament will be issued with a Certificat of Authenticity and a gold tassel hanging cor And each will bear both the Lenox and Disne names in pure 24 karat gold.

This imported fine china ornament i priced at just $24.90. To acquire *A Honey of Holiday* for yourself or as a special gift, ma the attached Order Form today.

Visit us at: www.LenoxCollections.com

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## *Hope and Harmony* Crystal Angel Salt & Pepper Set

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ALL ORDERS ARE SUBJECT TO ACCEPTANCE

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____ State _____ Zip _____

* Plus $4.98 per set for shipping, handling and insurance. Your sales tax will be added. 2333961

Mail to: Lenox Collections • P.O. Box 3020 • Langhorne, PA 19047-9120

*Order Form • Mail by August 31, 2001*

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# nowman Holiday

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IVORY FINE CHINA AND GILD

ONLY $19.90

When it's freezing up north, this little snowman heads ith—to the beach. And s ready, with a surfboard d beach ball.

This is the charm of *Snowman liday*, a whimsical work of art by the ists of Lenox. Crafted of ivory fine ina trimmed with 24 karat gold, this ty fellow wears a jaunty straw hat d tank top.

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*Order Form • Mail by August 31, 2001*

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enter my order for *Snowman Holiday* by Lenox, to be crafted of ivory fine and 24 karat gold.

eed send no money now. I will be billed just $19.90* for my sculpture. My tion is guaranteed.

ure _____ Tel.(____) _____
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ss _____

_____ State _____ Zip _____

98 per sculpture for shipping, handling and insurance. Your sales tax will be added. 2338663

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*Order Form • Mail by August 31, 2001*

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I need send no money now. I will be billed just $19.90* for my sculpture. *My satisfaction is guaranteed.*

Signature _____ Tel.(____) _____
ALL ORDERS ARE SUBJECT TO ACCEPTANCE

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____ State _____ Zip _____

* Plus $3.98 for shipping, handling and insurance. Your sales tax will be added. 2335602

Mail to: Lenox Collections • P.O. Box 3020 • Langhorne, PA 19047-9120



At the front door, the Kisslings group a welcoming array of pots and a stunning variety of colorful plants, large and small.

Marien Kissling doesn't feel her gardening is at all restricted by her tiny patioed yard. She plants everything you do—trees, shrubs, flowers—it's just that she puts all her pretties in pots.

continued on page 96

# anything anywhere CONTAINERS

by Craig Summers Black




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Want more quick "heat & eat" ideas, like this great skillet dinner?

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continued from page 94



Marien Kissling gardens all year, but dawn is her favorite time of day to work.





"My earliest memories a
of my grandparents' far
Their whole front yard
was covered in flowers.

Marien and George Kissling's introduction to San Diego began, as it does for many of us, with a vacation. That visit turned into many, "and whenever we came we would bring our camera and take pictures of all the flowers here," Marien says. With retirement, the Kisslings *had* to move there. "The prospect of moving to California was very exciting to me," she says, because year-round tourist weather also means year-round flowers.

continued on page 98

**Pot What You Like** A dish garden of sedums and succulents is surrounded by kalanchoe (*top left*). A brick walkway is lined with pots of impatiens, geraniums, flax, and roses (*left*).

# Oops...
## there goes more calcium.

You can't stop your body from losing calcium
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An amazing source of calcium – a soft, little chew.
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All this, **just twenty calories.**
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continued from page 96







Bacopa rests tableside. The copper watering can is as decorative as it is serviceable.

"In the evenings, my garden becomes a source of escape and solace for me."

Marien began growing colorful container gardens because her front and side yards are extremely narrow and mostly hard-surfaced.

"I started with just a few pots and was thrilled to see how well they did," she says. "I kept adding and adding until now I have over 100 container plantings, many of them 10 years old or more."

She groups this incredible array around her entryway and front door, down the side courtyard, and on around to the back deck.

continued on page 100

**Get Versatile With Your Containers** Gaillardia, mums, and begonias reside in urns, vases, and pots (*above left*). A birdbath (*left*) serves as pillar and waterer for a splashy little something.




# Make an easier change




**Nasal allergies can be so frustrating, you want to plow down your whole yard.**

Of course, you would never go to these extremes. But before you change your life, maybe you should make an easier change. Ask your doctor about FLONASE.

Using multi-symptom FLONASE Nasal Spray once a day can relieve all these nasal allergy symptoms — congestion, sneezing, and itchy, runny nose — all day and night. Results may vary.

If side effects occur, they are generally mild, and may include headache, nosebleed, or sore throat. For best results, use daily. Maximum relief may take several days. Available by prescription only.

Ask your doctor about multi-symptom FLONASE, or call 1-800-FLONASE, or visit www.flonase.com.

## When you get it all, all it takes is Flonase®

(fluticasone propionate)

**Nasal Spray, 50 mcg**

gsk SmithKline

Please see important information on the following page.

# FLONASE®
## (fluticasone propionate)
## Nasal Spray, 50 mcg

**BRIEF SUMMARY**

**SHAKE GENTLY BEFORE USE.**

**For Intranasal Use Only.**

The following is a brief summary only; see full prescribing information for complete product information

**CONTRAINDICATIONS:** FLONASE Nasal Spray is contraindicated in patients with a hypersensitivity to any of its ingredients

**WARNINGS:** The replacement of a systemic corticosteroid with a topical corticosteroid can be accompanied by signs of adrenal insufficiency, and in addition some patients may experience symptoms of withdrawal, e.g., joint and/or muscular pain, lassitude, and depression. Patients previously treated for prolonged periods with systemic corticosteroids and transferred to topical corticosteroids should be carefully monitored for acute adrenal insufficiency in response to stress. In those patients who have asthma or other clinical conditions requiring long-term systemic corticosteroid treatment, too rapid a decrease in systemic corticosteroids may cause a severe exacerbation of their symptoms.

The concomitant use of intranasal corticosteroids with other inhaled corticosteroids could increase the risk of signs or symptoms of hypercorticism and/or suppression of the HPA axis.

Patients who are on immunosuppressant drugs are more susceptible to infections than healthy individuals. Chickenpox and measles, for example, can have a more serious or even fatal course in patients on immunosuppressant doses of corticosteroids. In such patients who have not had these diseases, particular care should be taken to avoid exposure. How the dose, route, and duration of corticosteroid administration affects the risk of developing a disseminated infection is not known. The contribution of the underlying disease and/or prior corticosteroid treatment to the risk is also not known. If exposed to chickenpox, prophylaxis with varicella zoster immune globulin (VZIG) may be indicated. If exposed to measles, prophylaxis with pooled intramuscular immunoglobulin (IG) may be indicated. See the respective package inserts for complete VZIG and IG prescribing information. If chickenpox develops, treatment with antiviral agents may be considered.

**PRECAUTIONS:**

**General:** Rarely, immediate hypersensitivity reactions or contact dermatitis may occur after the administration of FLONASE Nasal Spray. Rare instances of wheezing, nasal septum perforation, cataracts, glaucoma, and increased intraocular pressure have been reported following the intranasal application of corticosteroids, including fluticasone propionate.

Use of excessive doses of corticosteroids may lead to signs or symptoms of hypercorticism, suppression of HPA function, and/or reduction of growth velocity in children or teenagers. Physicians should closely follow the growth of children and adolescents taking corticosteroids, by any route, and weigh the benefits of corticosteroid therapy against the possibility of growth suppression if growth appears slowed.

Although systemic effects have been minimal with recommended doses of FLONASE Nasal Spray, potential risk increases with larger doses. Therefore, larger than recommended doses of FLONASE Nasal Spray should be avoided.

When used at higher than recommended doses, or in rare individuals at recommended doses, systemic corticosteroid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, the dosage of FLONASE Nasal Spray should be discontinued slowly consistent with accepted procedures for discontinuing oral corticosteroid therapy.

In clinical studies with fluticasone propionate administered intranasally, the development of localized infections of the nose and pharynx with *Candida albicans* has occurred only rarely. When such an infection develops, it may require treatment with appropriate local therapy and discontinuation of treatment with FLONASE Nasal Spray. Patients using FLONASE Nasal Spray over several months or longer should be examined periodically for evidence of *Candida* infection or other signs of adverse effects on the nasal mucosa.

FLONASE Nasal Spray should be used with caution, if at all, in patients with active or quiescent tuberculous infection; untreated local or systemic fungal or bacterial, or systemic viral infections or parasitic infections; or ocular herpes simplex.

Because of the inhibitory effect of corticosteroids on wound healing, patients who have experienced recent nasal septal ulcers, nasal surgery, or nasal trauma should not use a nasal corticosteroid until healing has occurred.

**Information for Patients:** Patients being treated with FLONASE Nasal Spray should receive the following information and instructions. This information is intended to aid them in the safe and effective use of this medication. It is not a disclosure of all possible adverse or intended effects.

Patients should be warned to avoid exposure to chickenpox or measles and, if exposed, to consult their physician without delay.

Patients should use FLONASE Nasal Spray at regular intervals as directed since its effectiveness depends on its regular use. A decrease in nasal symptoms may occur as soon as 12 hours after starting therapy with FLONASE Nasal Spray. Results in several clinical trials indicate statistically significant improvement within the first day or two of treatment; however, the full benefit of FLONASE Nasal Spray may not be achieved until treatment has been administered for several days. The patient should not increase the prescribed dosage but should contact the physician if symptoms do not improve or if the condition worsens. For the proper use of the nasal spray and to attain maximum improvement, the patient should read and follow carefully the accompanying patient's instructions.

**Drug Interactions:** In a placebo-controlled, crossover study in eight healthy volunteers, coadministration of a single dose of orally inhaled fluticasone propionate (1000 mcg, 5 times the maximum daily intranasal dose), with multiple doses of ketoconazole (200 mg) to steady state resulted in increased mean fluticasone propionate concentrations, a reduction in plasma cortisol AUC, and no effect on urinary excretion of cortisol. This interaction may be due to an inhibition of the cytochrome P450 3A4 isoenzyme system by ketoconazole, which is also the route of metabolism of fluticasone propionate. No drug interaction studies have been conducted with FLONASE Nasal Spray, however, care should be exercised when fluticasone propionate is coadministered with long-term ketoconazole and other known cytochrome P450, 3A4, inhibitors.

**Carcinogenesis, Mutagenesis, Impairment of Fertility:** Fluticasone propionate demonstrated no tumorigenic potential in mice at oral doses up to 1000 mcg/kg (approximately 20 times the maximum recommended daily intranasal dose in adults and approximately 10 times the maximum recommended daily intranasal dose in children on a mcg/m² basis) for 78 weeks or in rats at inhalation doses up to 57 mcg/kg (approximately 2 times the maximum recommended daily intranasal dose in adults and approximately equivalent to the maximum recommended daily intranasal dose in children on a mcg/m² basis) for 104 weeks.

Fluticasone propionate did not induce gene mutation in prokaryotic or eukaryotic cells in vitro. No significant clastogenic effect was seen in cultured human peripheral lymphocytes in vitro or in the mouse micronucleus test when administered at high doses by the oral or subcutaneous routes. Furthermore, the compound did not delay erythroblast division in bone marrow.

No evidence of impairment of fertility was observed in reproductive studies conducted in male and female rats at subcutaneous doses up to 50 mcg/kg (approximately 2 times the maximum recommended daily intranasal dose in adults on a mcg/m² basis). Prostate weight was significantly reduced at a subcutaneous dose of 50 mcg/kg.

**Pregnancy:** ***Teratogenic Effects:*** Pregnancy Category C. Subcutaneous studies in the mouse and rat at 45 and 106 mcg/kg, respectively (approximately equivalent to and 1/4 the maximum recommended daily intranasal dose in adults on a mcg/m² basis, respectively) revealed fetal toxicity characteristic of potent corticosteroid compounds, including embryonic growth retardation, omphalocele, cleft palate, and retarded cranial ossification.

In the rabbit, fetal weight reduction and cleft palate were observed at a subcutaneous dose of 4 mcg/kg (less than the maximum recommended daily intranasal dose in adults on a mcg/m² basis).

However, no teratogenic effects were reported at oral doses up to 300 mcg/kg (approximately 25 times the maximum recommended daily intranasal dose in adults on a mcg/m² basis) of fluticasone propionate to the rabbit. No fluticasone propionate was detected in the plasma in this study, consistent with the established low

**FLONASE® (fluticasone propionate) Nasal Spray, 50 mcg**

bioavailability following oral administration (see CLINICAL PHARMACOLOGY section of full prescribing information).

Fluticasone propionate crossed the placenta following oral administration of 100 mcg/kg to rats or 300 mcg/kg to rabbits (approximately 4 and 25 times, respectively, the maximum recommended daily intranasal dose in adults on a mcg/m² basis).

There are no adequate and well-controlled studies in pregnant women. Fluticasone propionate should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Experience with oral corticosteroids since their introduction in pharmacologic, as opposed to physiologic, doses suggests that rodents are more prone to teratogenic effects from corticosteroids than humans. In addition, because there is a natural increase in corticosteroid production during pregnancy, most women will require a lower exogenous corticosteroid dose and many will not need corticosteroid treatment during pregnancy.

**Nursing Mothers:** It is not known whether fluticasone propionate is excreted in human breast milk. When inhaled fluticasone propionate was administered to rats at a subcutaneous dose of 10 mcg/kg (less than the maximum recommended daily intranasal dose in adults on a mcg/m² basis), radioactivity was excreted in the milk. Because other corticosteroids are excreted in human milk, caution should be exercised when FLONASE Nasal Spray is administered to a nursing woman.

**Pediatric Use:** Five hundred (500) patients aged 4 to 11 years of age and 440 patients aged 12 to 17 years were studied in US clinical trials with fluticasone propionate nasal spray. The safety and effectiveness of FLONASE Nasal Spray in children below 4 years of age have not been established.

Oral and, to a less clear extent, inhaled and intranasal corticosteroids have been shown to have the potential to cause a reduction in growth velocity in children and adolescents with extended use. If a child or adolescent on any corticosteroid appears to have growth suppression, the possibility that they are particularly sensitive to this effect of corticosteroids should be considered (see PRECAUTIONS).

**Geriatric Use:** A limited number of patients aged 60 years of age or =275) have been treated with FLONASE Nasal Spray in US and non-US clinical trials. While the number of patients is too small to permit separate analysis of efficacy and safety, the adverse reactions reported in this population were similar to those reported by younger patients.

**ADVERSE REACTIONS:** In controlled US studies, more than 3300 patients with seasonal allergic, perennial allergic, or perennial nonallergic rhinitis received treatment with intranasal fluticasone propionate. In general, adverse reactions in clinical studies have been primarily associated with irritation of the nasal mucous membranes, and the adverse reactions were reported with approximately the same frequency by patients treated with the vehicle itself. The complaints did not usually interfere with treatment. Less than 2% of patients in clinical trials discontinued because of adverse events; this rate was similar for vehicle placebo and active comparators.

Systemic corticosteroid side effects were not reported during controlled clinical studies up to 6 months' duration with FLONASE Nasal Spray. If recommended doses are exceeded, however, or if individuals are particularly sensitive, or taking FLONASE Nasal Spray in conjunction with administration of other corticosteroids, symptoms of hypercorticism, e.g., Cushing's syndrome, could occur.

The following incidence of common adverse reactions (>3%, where incidence in fluticasone propionate-treated subjects exceeded placebo) is based upon seven controlled clinical trials in which 536 patients (57 girls and 108 boys aged 4 to 11 years, 137 female and 234 male adolescents and adults) were treated with FLONASE Nasal Spray 200 mcg once daily over 2 to 4 weeks and two controlled clinical trials in which 246 patients (119 female and 127 male adolescents and adults) were treated with FLONASE Nasal Spray 200 mcg once daily over 6 months. Also included in the table are adverse events from two studies in which 167 children (45 girls and 122 boys aged 4 to 11 years) were treated with FLONASE Nasal Spray 100 mcg once daily for 2 to 4 weeks.

**Overall Adverse Experiences With >3% Incidence on Fluticasone Propionate in Controlled Clinical Trials With FLONASE Nasal Spray in Patients =4 Years With Seasonal or Perennial Allergic Rhinitis**

| | Vehicle Placebo (n=758) % | FLONASE 100 mcg Once Daily (n=167) % | FLONASE 200 mcg Once Daily (n=782) % |
|---|---|---|---|
| Headache | 14.6 | 6.6 | 16.1 |
| Pharyngitis | 7.2 | 6.0 | 7.8 |
| Epistaxis | 5.4 | 6.0 | 6.9 |
| Nasal burning/ nasal irritation | 2.6 | 2.4 | 3.2 |
| Nausea/vomiting | 2.0 | 4.8 | 2.6 |
| Asthma symptoms | 2.9 | 7.2 | 3.3 |
| Cough | 2.8 | 3.6 | 3.8 |

Other adverse events that occurred in =3% but =1% of patients and that were more common with fluticasone propionate (with uncertain relationship to treatment) included: blood in nasal mucus, runny nose, abdominal pain, diarrhea, fever, flu-like symptoms, aches and pains, dizziness, bronchitis.

**Observed During Clinical Practice:** In addition to adverse events reported from clinical trials, the following events have been identified during postapproval use of fluticasone propionate in clinical practice. Because they are reported voluntarily from a population of unknown size, estimates of frequency cannot be made. These events have been chosen for inclusion due to either their seriousness, frequency of reporting, causal connection to fluticasone propionate, occurrence during clinical trials, or a combination of these factors.

***General:*** Hypersensitivity reactions, including angioedema, skin rash, edema of the face and tongue, pruritus, urticaria, bronchospasm, wheezing, dyspnea, and anaphylaxis/anaphylactoid reactions, which in rare instances were severe.

***Ear, Nose, and Throat:*** Alteration or loss of sense of taste and/or smell and, rarely, nasal septal perforation, nasal ulcer, sore throat, throat irritation and dryness, cough, hoarseness, and voice changes.

***Eye:*** Dryness and irritation, conjunctivitis, blurred vision, glaucoma, increased intraocular pressure, and cataracts.

**OVERDOSAGE:** Chronic overdosage with FLONASE Nasal Spray may result in signs/symptoms of hypercorticism (see PRECAUTIONS). Intranasal administration of 2 mg (10 times the recommended dose) of fluticasone propionate twice daily for 7 days to healthy human volunteers was well-tolerated. Single oral doses up to 16 mg have been studied in human volunteers with no acute toxic effects reported. Repeat oral doses up to 80 mg daily for 10 days in volunteers and repeat oral doses up to 10 mg daily for 14 days in patients were well-tolerated. Adverse reactions were of mild or moderate severity and incidences were similar in active and placebo treatment groups. Acute overdosage with this dosage form is unlikely since one bottle of FLONASE Nasal Spray contains approximately 8 mg of fluticasone propionate.

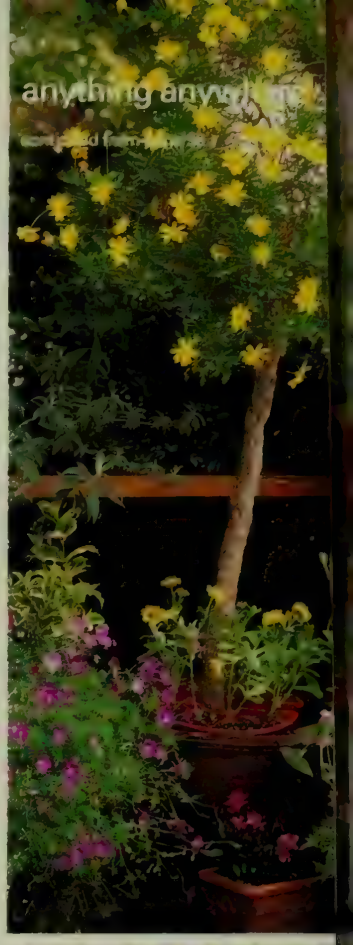
The oral and subcutaneous median lethal doses in mice and rats were >1000 mg/kg (>20000 and >41000 times, respectively, the maximum recommended daily intranasal dose in adults and >10000 and >20000 times, respectively, the maximum recommended daily intranasal dose in children on a mg/m² basis).

**GlaxoWellcome**

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U.S. Patent 4,335,121
INSEAL™ is covered by the following Inpnnt Systems patent applications. European 94916311.7, Canada 2140025, USA 08/373,213

October 2000
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GLA-01-124BS

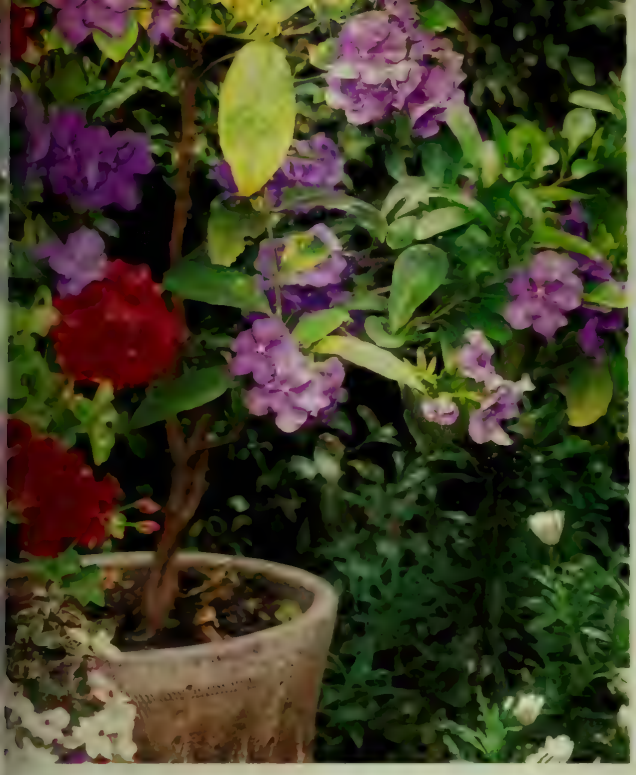
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A Marguerite daisy trained as a standard (*above, top*) anchors a corner with epidendrum orchids.

Cymbi orchi a Jap mapl (*abov botto* thrive shady



Even today, Marien and George are still adding to their collection, picking up orchids, specialty plants, and little treasures from their travels. But the containers also get a fresh look from seasonal pot-shuffling.

"I move mine around depending on when they are blooming or dormant and also depending on weather conditions. And it's fun to try a new look or find different ways to display them."

**Trees Do Just Fine in Pots** A braided brunfelsia gets vertical (*left*).

continued on page 102



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FACT: Your family deserves a clean, germ-free toilet. That's the BOTTOM LINE.



FACT: LYSOL® Toilet Bowl Cleaner is UNBEATABLE because it removes tough stains and nothing kills more GERMS.




LIFE DEMANDS LYSOL. THAT'S A FACT.

## Barbie™ Education Sweepstakes

SWEEPSTAKES RULES NO PURCHASE NECESSARY to enter or win. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. To enter, fill out your name, address and daytime phone number on the entry form or send the same information on a 3-1/2" x 5" postcard and mail it to: Barbie Sweeps 1, P.O. Box 35252, Des Moines, IA 50315-0035. Sponsors assume no responsibility for illegible, lost, late, misdirected, incomplete or stolen entries or mail. Entries become property of sponsors and will not be returned. Open to legal U.S. residents who are 18 years of age or older except employees of Meredith Corporation, Mattel, Inc., their agents, affiliates, subsidiaries and members of their immediate families or persons residing in the same household are not eligible. Winner will be notified by mail. Decisions of judges are final and binding in all respects. Entrants agree to be bound by the official rules. The awarding of any prize is contingent upon full compliance with the official rules. Entry constitutes permission to use winner's entry, name, hometown, voice, likeness,photograph and any statements regarding this sweepstakes for editorial, public relations, promotional and advertising purposes on behalf of sponsors without compensation unless prohibited by law. Winner will be required to complete an Affidavit of Eligibility and Liability/Publicity Release within ten (10) days of notification. Noncompliance with these rules or return of prize notification as undeliverable will result in disqualification and an alternate winner will be selected by random drawing from among all eligible entries. By participating and winning a prize, winner releases sponsors, their parents, affiliates, subsidiaries and agencies and their respective directors, officers, employees and agents from any and all liability with respect to the prize. No prize substitution, transfer or cash in lieu of prize, except at discretion of sponsors. Subject to all U.S. federal, state and local laws and regulations. Void where prohibited. Taxes on prize are the sole responsibility of winner. Sponsor and promoter: Meredith Corporation, 1716 Locust Street, Des Moines, Iowa 50309-3023. Sponsor: Mattel, Inc., 333 Continental Blvd., El Segundo, CA 90245-5012. First prize winner list, available after 10/1/01. Send a separate SASE to Barbie® Sweepstakes, BH&G, 1716 Locust St., LS253, Des Moines, IA 50309-3023

**The above rules apply to both of the sweepstakes below**

**Education Sweeps**. Sweeps begins 7/10/01 and ends 9/11/01. Entries must be received by 9/11/01. One entry per person. On or about 9/17/01, a random drawing from among all eligible entries received will be conducted under the supervision of Meredith Corporation. **First Prize** $5,000 cash for an in-home Learning Center; Barbie educational toys/ARV $85; and a 2-hour consultation with a BH&G interior design expert. Expert will be selected by BH&G/ARV $2,000. Consultant will assist with design/layout recommendations for learning center in winner's home. Consultation must be used by 7/31/02. Odds of winning depend upon number of eligible entries received. Estimated circulation of this offer is 7.6 million.

**Home Make-Over $25,000 Sweeps**. Sweeps begins 7/10/01 and ends 1/31/02. Entries must be received 1/31/02. Eligible entries to the following Barbie Sweepstakes are automatically entered into this sweepstakes: Barbie Education, Barbie Style, Barbie's Home Fashion, Girl Creations and Now We're Cooking. Entries limited to 5 per person in total. On or about 3/1/02 a random drawing from among all eligible entries received will be conducted under the supervision of Meredith Corporation. Grand prize consists of $25,000 cash for a home decorating makeover and a 2-hour consultation with a BH&G interior design expert. Expert will be selected by BH&G/ARV $2,000. Consultation must be used by 12/31/02. Odds of winning depend upon number of eligible entries received. Estimated circulation of this offer is 38 million over a five month period.

This sweepstakes may be offered in different creative executions. Barbie is a trademark owned by Mattel, Inc.

✂ cut out and mail in form

Name: _____

Address: _____

_____

Phone Number: _____




continued from page 101



Marien tucks small pots of color in and around largely green specimen plants.

"George is a grea waterer, especia in summer. He a likes to find new plants for me."





Container gardens do need attentive watering. But Marien compensates by planting several drought-resistant plants, such as succulents and bougainvillea. And her choice in pots is as eclectic as her plantings. Garden finds include colorful ceramic pieces, old English metal rain barrels, and antique clay chimney pots.

"Now," she says, "I can't imagine gardening any other way!" ♦

Buying information, page 207

To order a container gardening book, see page 67

**Don't Forget Flowers** Annuals are dependable bloomers and can spill casually over pot rims (*left*). Scaevola, nemesia, and alyssum bloom in royal hues (*below left*).

# Mix-and-Match Phlox

e invite you to try the glorious phlox featured on *pages 7 to 114* in your own landscape. All varieties are known : exceptional resistance to mildew. **Mix and match!** ıoose any three from the list below for ~~$44~~.95; add addi- ınal varieties for just $10 each. Prices include shipping, handling, and sales tax.

ranz Schubert (*p. 107*)
Miss Lingard (*p. 109*)
Natascha (*p. 109*)
Laura (*p. 109*)
Catherine (*p. 109*)
The King (*p. 110*)
Pinafore Pink (*p. 110*)
Sir John Falstaff (*p. 110*)
Midar (*p. 111 and 114*)
Nicky (*p. 112*)
Bright Eyes (*p. 112*)
David (*p. 112*)
Eva Cullum (*p. 112*)

From Carroll Gardens, each plant is about 3 to 5 inches tall at time of shipment, which will occur at the proper time for fall planting in your zone ( September 1 to November 15, 2001).

*Please order early; quantities are limited and we fill orders on a first-come, first-served basis.* Sorry, we are unable to ship to Alaska, Hawaii, Canada, Mexico, or Puerto Rico.




**TO ORDER** with your MasterCard, Visa, Discover, or American Express card, call 800/881-4066. To order by mail, specify phlox varieties desired, calculate the total due, and send a check or money order for the total to: *Better Homes and Gardens®* Reader Shopping Service, Dept. 0108, Box 9128, Des Moines, IA 50306-9128. Or, visit *www.bhgcatalog.com* to order on the Internet.



Lysol Presents FACTS of LIFE

FACT: If it's raining cats and dogs outside, it can SMELL like it inside.



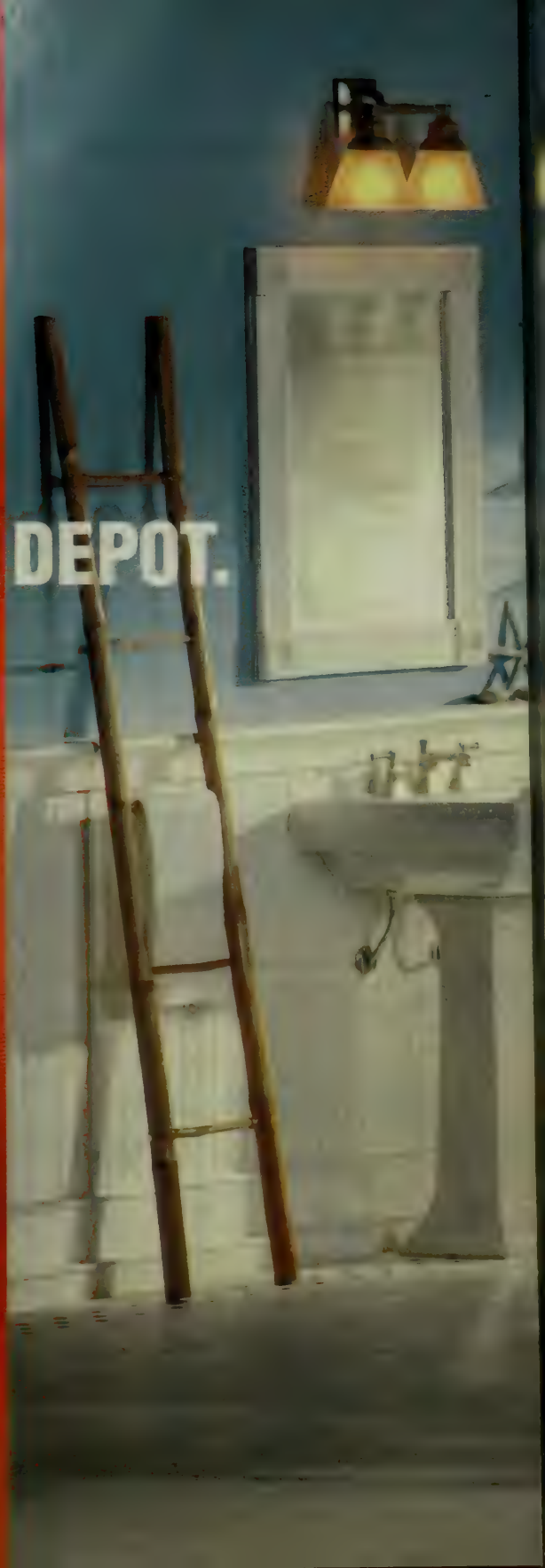
FACT: Introducing New LYSOL® Disinfectant Spray plus Fabric Refresher. It's the BEST because LYSOL is the only aerosol FABRIC REFRESHER that kills 99.9% of bacteria that cause odors.




LIFE DEMANDS LYSOL. THAT'S A FACT.

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# RETHINK?
# REMODEL?
# REDECORATE?
# GO TO THE HOME DEPOT.
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Everything you need to create the look (and feeling) you want. Just imagine what you can do.




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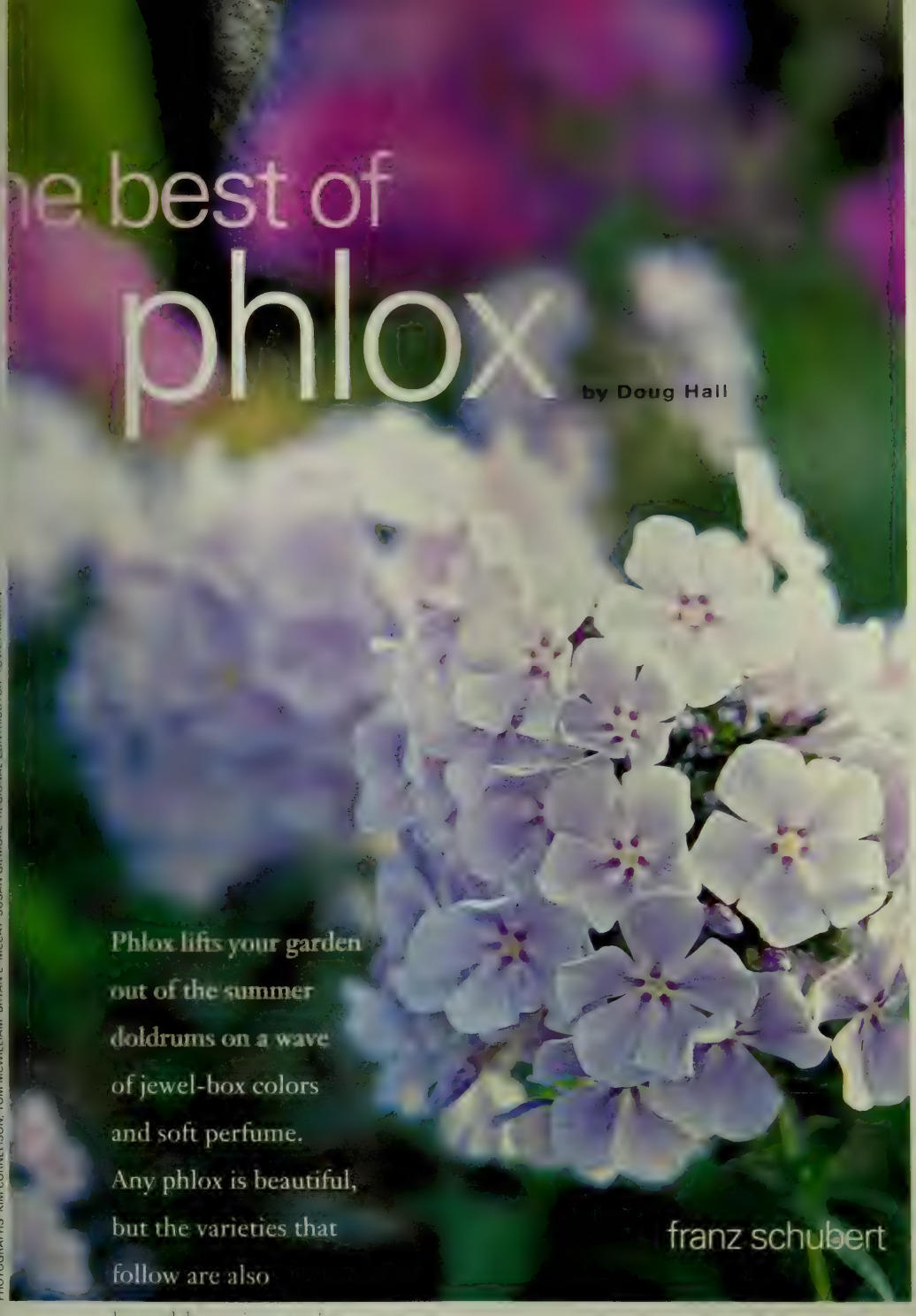
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# The best of phlox

by Doug Hall




PHOTOGRAPHS KIM CORNELISON, TOM MCWILLIAM BRYAN E. MCCAY SUSAN GILMORE REGIONAL CONTRIBUTOR TOVAH MARTIN

**Phlox lifts your garden out of the summer doldrums on a wave** of jewel-box colors and soft perfume. Any phlox is beautiful, but the varieties that follow are also long-blooming and healthy. Clearly, they're the best.

*To order phlox, see page 103*



Snip a few stems of phlox, plunk them in an upright vase, and you have a bouquet more bountiful than anything from a florist's shop. Now bury your nose in the blossoms for a whiff of heaven.

Natascha's pink-and-white pinwheels spin from June until fall.




Miss Lingard bears slender flower heads of the crispest white.







Soft color radiates from the centers of Katherine's large florets.




Laura takes the prize as the longest-blooming phlox in our Test Garden.


the king
The King—a good choice for strong color—is drenched in a royal hue.
pinafore pink
At only 18 inches tall, Pinafore Pink is shorter than most varieties, with flowers the color of cotton candy.
sir john falstaff
A crowd-pleaser in the BH&G® Test Garden, S John Falstaff is a vigor variety with large flowe clusters.


ss
gard
Miss Lingard
ner first appear-
early June,
as earned her
mon name of
ng phlox."
franz
schubert
Franz Schubert is loved by gardeners for its misty lilac color and sweet scent.
widar
Widar has been around for generations—your grandmother might have grown it—but few garden centers sell it nowadays.

Its distinctive dark "eye" keeps Bright Eyes high on the popularity chart.



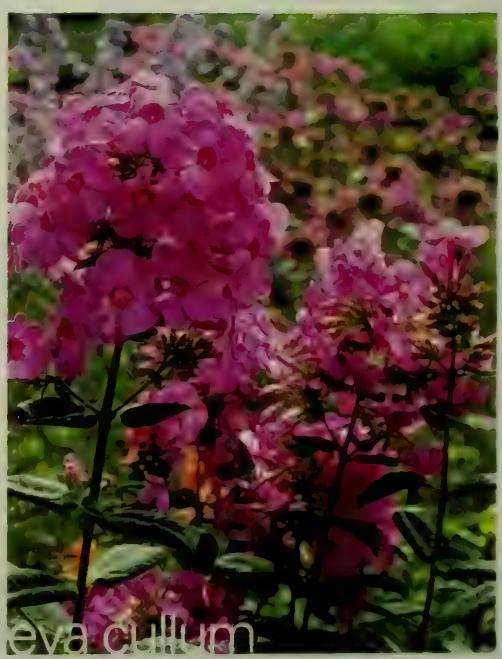

Color shy? Then stay clear of Nicky's dazzling magenta blooms.







With phlox, "big-headed" is a compliment, and David's heads are huge.




Eva Cullum blooms for many weeks on sturdy stems.



f you want to attract
utterflies, plant a
vath of phlox. Good
lowering companions
or phlox include lilies,
ayflies, shasta daisies,
nd butterfly bush.




Summer phlox is a widely adapted perennial, hardy from Minneapolis to the Gulf Coast. If you've grown phlox before, however, you know that its nemesis is powdery mildew, a fungus that leaves the plants looking bare-legged and bedraggled. Certain phlox varieties are more resistant to the disease than others, and a few years ago we set out to find them. We asked phlox experts and ordinary gardeners from across the country to recommend their favorites. We planted this select list in the *Better Homes and Gardens*® Test Garden, then chose the healthiest and longest-blooming of the bunch to feature in this article.

Phlox adds loads of color to perennial borders at an otherwise lean time of year. It may not be the easiest perennial to grow, but it's among the most gratifying.

Buying information, page 207

## Six Steps for Healthy Phlox

Even the mildew-resistant varieties of phlox aren't mildew-proof. Take these steps to keep your phlox healthy:

- Plant phlox in full sun in rich, porous soil. Plant in spring or fall.
- Feed regularly. Give new plants or divisions a generous helping of compost stirred around in the planting hole. Use a balanced fertilizer annually thereafter.
- Keep the soil moist and cool with a layer of organic mulch. When watering, avoid wetting the foliage—a practice that spreads disease.
- Divide clumps every three or four years. In spring, thin clumps to no more than eight stems. Overcrowded stands of phlox are mildew-prone.
- In late fall, after the plants have succumbed to frost, cut the stems to the ground and discard them—but not in your compost pile. Mildew spores overwinter in the dead stems and foliage.
- If mildew appears, despite your taking all the precautions, treat it with a horticultural oil spray—a low-toxicity alternative to traditional fungicides.



As flowering winds down, clip off spent flower heads to prevent unwanted seedlings. Some varieties, including Natasch (*above*), will bloom again in fall.



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by Candace Ord Manroe



# past perfect

Collecting can be a birthright passed on from parents, or a personal path traveled over a lifetime. But building a beautiful collection doesn't require either a legacy or a lifelong commitment. Sara and David Gomez weren't born with antique spoons in their mouths, and they haven't spent years on the prowl. Still, their collection of McCoy pottery and other love-at-first-sight pieces creates a joyful, cohesive look—and a fresh palette—for their Portland, Oregon, home. And who knows, maybe son Shane will one day share their passion.

"There's nothing scientific, planned, or predestined about my collecting," says Sara. "I have zero background in design." But she knew what she liked when she saw it at a friend's house. So she borrowed a few ideas for the Gomezes' 1939 Cape Cod-style cottage, then added some of her own. The rainbow hues of their 1930s and '40s American pottery collection inspired the wall and fabric colors. "David is a graphic artist, so he really knows how to read colors," Sara says. She's no slouch herself, selecting sunny slipcovers as a bright contrast to blue-green walls. She also trusted her instinct for scale, permitting a chunky sofa to fit into a tight squeeze.

Sara painted the living room's folding screen to incorporate the pastel wall colors found throughout the house. A cupboard with a turquoise exterior (*below*) holds a collection of camp blankets and McCoy pottery, including a 1951 Arcature square bird vase; 1948 lily bookends; and 1953 green-and-yellow planter bookends.

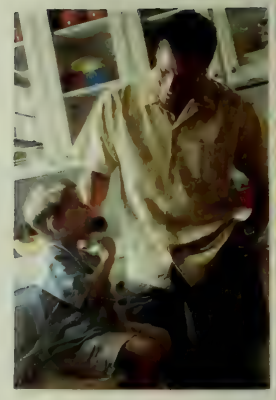


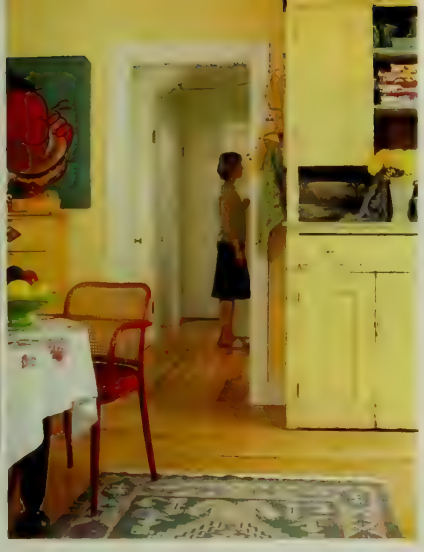


house is about color, mixing, and just having fun. Color is really important to offset the Oregon weather."




warmth





the same old story—no matter

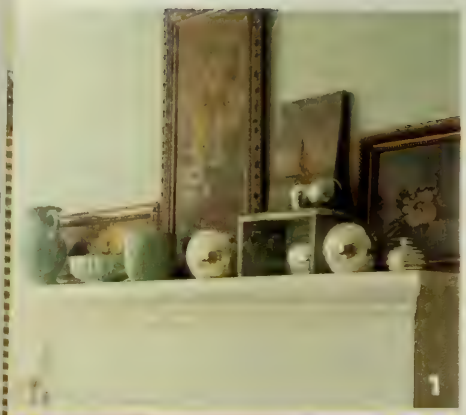
ıow many people you have over, everybody hangs out in the kitchen."

Making pieces fit was a challenge ecause the Gomez family moved in ·om a larger home. "We had no idea ow our stuff would line up," says ara. "We just got in here and went ith it." The architectural remnant hat hangs over the kitchen's French loors (*right*) originally was planned or the master bedroom, but it was a nisfit. "It stayed outside on the deck or weeks, until I finally brought it in nd tried it here." The old oak French ine-tasting table (*left*) easily fit the lining room's scale, but it needed a lit-le lightening up to suit the desired nood. It got the appropriate attitude djustment with a half-dozen chairs ainted in sherbet hues. Old painted upboards and tables are an ongoing heme, and their light colors make ubtle foils for the hue-happy collec-ions they display. Surprise ele-nents—a quilt-draped ladder and an ld painted column just standing here—crank up the visual interest.

Prized collections aren't closeted away in the Gomez home; they're used everyday. In the dining room (*left*), vintage fabric sets the palette. Old oil paintings are plopped for a casual look. David and Shane sample melon in the kitchen (*above*), where glass cabinets expose vivid pottery. Cloths and napkins from the 1940s and '50s are close at hand in an old yellow cupboard (*above right*), while McCoy vases stand ready on wall-mounted shelves (*right*).



# perso












From *top left*:
**1.** The small mercury-glass balls on the living room mantel captivated Sara while she was on the hunt for '30s pottery. "They create contrast with the pottery, and they're also great at holidays," she says. Oil paintings of flowers are another of the family's favorite collecting categories.
**2.** Sara loves the fresh pastel colors of her McCoy pottery, which can range from $25 to $600, depending on the age and style.
**3.** Devoted to a festive look, Sara scours flea markets and antiques malls for affordable tablecloths from the '40s and '50s. When cloths got pricey, she started collecting napkins.
**4.** Displayed on an old painted shelf in the dining room, this collection of white matte pottery includes pieces from USA, McCoy, and Bauer.
*Right*: Yellow roses make a fresh color statement in an aqua McCoy vase.
*Opposite page*: Sara and David's collections include an array of painted furnishings that sport colors akin to their favorite pottery. Sara enjoys adding seashells to her arrangements so that "nothing is too matchy-matchy."



lity

ou're a collector, you have themes, but something else always catches your eye while you're antiquing."



# comfort

Sara's stream-of-consciousness design style goes against her professional grain. Judging from her bedroom's timeworn painted furniture, extra-wide chair with extra-loose slipcover, and delightfully eclectic mixes, it's hard to believe that she ever thinks inside the box. Yet Sara is a project manager who entered the computer science field 15 years ago at her mother's urging. "The creative side of my personality has developed slowly over time," she concedes. But that's not all bad. When decorating a room, Sara taps her analytical left brain first, to solve such issues as which fabrics will work, and who can she get to create the curtains and the slipcovers. Then her right brain kicks in and makes it all happen soulfully, and unpredictably. Next thing you know, pie safes end up in the bedroom. "I'd love to blend the business side with the creativity to pull things together and have fun with it—and not have everything so ultra-organized," she says.

Sara bought the two vintage fabrics used on the curtains, unsure of what purpose they would serve, but "knowing somehow they'd be put to use." She found the floor-lamp base, and later had a shade made from fabric in her collection. "It's like working a puzzle," says Sara. "You play with the pieces until they fit."





h two basset hounds and a five-year-old, hardwood floors are a must. And all of our fabrics are washable. It's all about ease."



At one end of the master bedroom (*right*) an Amish star quilt, trimmed in pale blue, introduces accent colors into the room's monochromatic palette. A silver chenille duvet cover and petticoat-full bed skirt create layers of comfort. In the master bath (*below*), Sara hauled a basket shelf from the basement up to its handy perch.



Sara's goal of blending love and business may be realized once Shane enters kindergarten. "I'd love to open a shop and carry artwork, antiques, fabrics, and vintage collectibles," she says. In the meantime, she gets plenty of practice rearranging her pieces at home, working in one more treasure at a time. Always on the search for worthy textiles, she deviated from the bedroom's soft palette by adding a striking quilt. Sara's wise eye told her the room needed a visual anchor. Just look how effective a pop of floral contrast works in the master bath (*left*), which is awash with more light than color—and is a final happy comment on the fluidity of Sara's style.

Buying information, page 207

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# before & after

## home exteriors

Sometimes all it takes to give your house a fresh face is a new coat of paint. But for these five homes, including four rather plain ranches, it took a bit more work to fix up the outside. A couple of cozy porches also helped do the trick.





by Shawn Gilliam

## Zionsville, Ind.



**before** Yellow brick combined with brown aluminum windows and tan vinyl siding to create a sleepy scheme. A flat facade and large garage addition made the home look too long.

**after** A foyer addition with an arch window enclosed what had originally been a small concrete porch—and gave more shape to the facade and roofline. White paint covered the yellow brick, and cedar-shake shingles replaced the vinyl siding.

Remodeling possibilities are easy for Kerry Wagoner t visualize. As a builder, he's transformed plenty of boxy home into neighborhood beauties. It was no exception when he an wife Tamara bought their 1958 ranch: They immediatel dreamed up ways to improve its vanilla-plain facade. "A ranc has so much potential," Kerry says. "You can go up and out.

Considering how townspeople called the ranch "the lon house," the Wagoners decided to break up its lanky appear ance by adding a foyer that bumped out from the front—an up from the old roofline. A shed dormer adds further dimen sion. After changing the structure, the couple replaced an repainted the siding and installed white vinyl-clad windows





A cottage garden filled with wildflowers surrounds the brick patio (*left*), which serves as a mild-weather waiting room for Tamara's music students and Kerry's building clients.



A gable-roofed foyer addition (*left*) bumps out from the rest of the house and plays down the long, low-slung look the Wagoners disliked. A more substantial landscape plan, including a stone wall and picket fence, does the same for the yard by breaking up a grassy expanse.

Northville, Mich.

**before** The facade lacked an inviting focal point (*below*). Even the front door—blocked by bushes—went unused. Small windows closed the home to views of the countryside.

**after** A new porch frames the front door and provides welcome shelter. Eyebrow arch windows overlook the porch and add to the home's 1800s look. To cut costs, the homeowners did their own landscaping, including masonry work.





Many of the homes in Maryann and Michael Anusbigian's neighborhood were built in the late 1800s and early 1900s. So when the couple decided to remodel their 195 ranch home, a facelift that would help the home blend i with its surroundings rose to the top of their wish list. The added a second floor with gabled dormers, then treated th house to a classic scheme of pale yellow vinyl siding, white viny trim, and green asphalt-shingle roofing. The most refreshin feature is the new porch with brick steps, 10-inch fiberglas columns, and two ceiling fans.

Orlando, Fla.



**before** A flat roof and flat facade were the home's key features. Built of concrete block, it had never been painted or treated with stucco.

**after** A hip roof with fungus-resistant asphalt shingles (important in Florida, where fungus can grow on roofs) gives the home a classic look. Gray stucco walls, white trim, a burgundy door, black plastic shutters, and a brick walkway complete the scheme.

The exterior of Tammy and Paul Gidus' 1957 ranch could be summed up in one word: flat. That's why Paul, a contractor, focused his remodeling efforts on adding dimension to the home's roofline and facade. "I wanted a different roof for cosmetic reasons," Paul says, "but I also wanted to create an attic storage area and a place for the ductwork of a new air-conditioning system." To give the facade depth, he pushed the dining room windows out from the front door, but not as far as the kitchen windows. The stepped pattern creates a small front porch and shelters the doorway.



## Oyster Bay, N.Y.



**before** A small concrete stoop provided little in the way of a usable outdoor escape. A wide breezeway connected the home to a one-car garage, but made the home's overall structure look disjointed.

**after** The garage and breezeway were transformed into a great-room. The outside also boasts new living space, namely a 7×32-foot porch with wood columns and railings.

"Good bones" attracted Nancy and Herb Tamres to the 1940 Cape Cod-style home they bought 6 years ago. Althoug Nancy had always liked the cottage look, this home lacked th feature she sought most: a front porch. "I definitely wanted porch filled with my things, where I could read and relax."

Architect Pat O'Neill and landscape designer Georgi Waltzer, who is Nancy's sister, warmed up the home's exteric with a fresh coat of paint, a variety of plantings, and, of course a pretty front porch. The new structure's 6½-inch-squar wood posts are scaled to fit the house. Antique wood an wicker furniture pieces, shutters with seahorse cutouts, an small lawn ornaments add pure whimsy.

"We have our coffee on the porch every morning before setting off to work," says homeowner Nancy Tamres. She and husband Herb found the cozy wicker furniture (*right*) at a garage sale.







While the front porch is used for morning coffee, the back deck (*left*) provides more room for grilling and entertaining. A window box just outside the kitchen is planted with sweet potato vine; it's just one part of Nancy's extensive container garden collection.

## Puyallup, Wash.



**before** Blue board-and-batten siding, a cramped porch, and small metal windows made for a bland facade. After years of neglect as a rental property, the home's shingles were rotting, which led to a leaky roof.

**after** Fiber-cement siding exudes the charm of wood but requires less frequent repainting. Double-pane vinyl windows, including a Palladian and an 8-foot-long bay, feature grids for a more traditional look. Above it all is a new roof with front-facing gables, both dressed up with architectural trim. Rose gardens bring beauty to the yard.

Curb appeal seemed like a far-off dream when Carol We Reed bought her 935-square-foot home. Before doing a thing else to the 1973 ranch, she needed to replace its rott roof. But Carol saw that job as one piece of the remodel pie that could give her home a friendlier personality.

With help from architect Robert Mickey, Carol made s the new roof incorporated two gables—and that they w decorated with charming, yet simple, architectural trim. T gables top a 4-foot bump-out that enclosed the original sh roofed porch entry and go much of the way toward giving t home a new look. To gain more interior space, Mick annexed part of a one-car garage; an addition houses a n garage. Lush plants, including rhododendrons and azale soften the area to the left of the garage.

Buying information, page 2

Some of these remodelings won prizes in our 1998 Ho Improvement Contest. For a list of winners from the 2000 conte visit our Web site at www.bhg.com/HICwinners.



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by Jeanne Ambrose



Recipe begins on page 150

# MARKET FRESH

## Season those just-plucked vegetables ever so



GARDEN CHICKEN SOUP

This chunky picnic in a bowl (*left*) is crowded with summer squash, carrots, Swiss char and seared chicken. It's a picnic to make, too, since it cooks in just about 10 minutes.

Rustle up the famil for a grilled steak painted with melte sage butter (*right*). Then pile on corn—made even sweete after sizzling in a skillet—tossed with grilled red sweet peppers and hunks of farmer's cheese.

Recipes begin on page 150

ently. You don't want to squelch their natural flavors.



SAGE-BRUSHED COWBOY STEAK

# MARKET FAST

## SAGE BRUSHES

Use sage leaves as a brush for olive oil or melted butter combined with garlic or snipped sage.





Fill hollowed zucchinis with a mixture of cooked ri
chopped onions, sweet peppers, tomatoes, cooked chick
and seasonings. Add cheese. Bake at 400° F for 15 minut

## SUMMER S'GHETTI

Pile chopped veggies (and halved baby sunburst squash) in a colander. Cook pasta, and pour—hot water and all—over veggies to drain. Toss with butter and grated cheese.





## BERRY BREAKFAST ROLLS

Cut a refrigerated cinnamon roll in half; press the half into a muffin cup. Add berries, lemon peel, blueberry jelly, and pecans. Bake at 375° F for 12 minutes. Drizzle icing over all.



Precook small potatoes (purple, Dutch yellow, fingerlings, or new reds). Skewer them. Brush with olive oil. Sprinkle with snipped rosemary and salt. Grill until browned.

## SQUISHED TOMATO CATSUP

Mash a seeded, peeled tomato with a fork. Splash the smashed tomato with olive oil and balsamic vinegar and a sprinkle of salt and pepper. Add a burger if you must.



## MELON CALLING, BABY

Beat whipping cream, sweetened with honey, to fluffy peaks. Plop a spoonful onto a French breakfast melon or cantaloupe. Trickle honey and toasted hazelnuts on top.





Cook and stir a halved vanilla bean with a cup of sliced plums and ¼ cup each of sugar and water. When thick, remove the bean; mash fruit. Add more plums.

# MARKET FRESH

## Make any fruit or veggie feel at home



This sensational stuffing tastes great loaded into a pork chop (*left*). In fact, the mushroom-spinach combo is so good you might want to double the recipe. Then you'll have plenty of stuffing left to pile alongside.

MUSHROOM-STUFFED PORK CHOPS

There's a quintet of garden goodies in this seasonal medley: cauliflower, sweet peppers, green beans, onions, and garlic (*bottom left*). Roasting gives them a mellow sweetness. Expect applause.

SEARED VEGETABLE MEDLEY



A couple of stir-in surprises makes no-bother slaw a second-helping spectacular (*right*). Just add slivers of poblano pepper and fresh mint to shredded cabbage and bottled dressing. Serve it with eight-minute fried catfish fillets and you've got a flavor-packed family supper.

Recipes begin on page 154

/ serving it with a family favorite.





## TEENY ZUCCHINI WITH ONIONS

Gently softened in a skillet, mellow zucchini merges with a little oregano and mild onion wedges. Grace the top with a crunch of walnuts and you're finished—all in only 15 minutes.

Recipe begins on page 156
Buying information, page 208



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# buying guide

Some of the products shown editor... in *Better Homes and Gardens®* maga... can be obtained locally. For m... information, contact the manufactu... listed below.

**Half Walls**
**Page 23: paint on wall,** 1648 (Parakeet); **paint on ... ing,** 1640 (Green Haze)—Pratt & Lambert Paints; 80... 7728; www.prattandlambert.com. **Buffet,** 258271—... & Board; 800/486-6554; www.roomandboard.com.
**Page 24: fabric on wall,** linen, 2013 (Natural); **bu...** linen, 2660 (White)—Hamilton Adams Linen thr... Dogwood Fabric, 1734 Tullie Circle, NE, Atlant... 30329; 800/883-5500. **Paint on wall,** 1364 (Sea Crys... Pratt & Lambert Paints; 800/289-7728; www.prat... lambert.com.
**Page 26: wall covering; ceramic molding**—Home D... www.homedepot.com. **Paint on wall,** 1640 (Green ... **glaze,** 1313 (Misty Moors)—Pratt & Lambert P... 800/289-7728; www.prattandlambert.com.
**Page 28 (*top*): wall paint,** 1364 (Sea Crystal); **(*bot*... **wall paint,** 1367 (Cruise Blue)—Pratt & Lambert P... 800/289-7728; www.prattandlambert.com.

**Multiplication Tables**
**Page 32: chairs**—Target Stores; 800/800-8800; Web... www.target.com. **Fabric for chair covers**—Calico... ners; 800/213-6366. **Glass for table top**—The St... Glass Store, 3617 Ingersoll Ave., Des Moines, IA 5... 515/279-4855.
**Page 34: chair**—Arhaus Furniture; 800/493-... www.arhaus.com. **Glass for tabletop**—The Stained ... Store (address above). **French door for tabletop, ... legs**—Lowe's Companies, Inc.; 800/445-6937; Web... www.lowes.com.
**Page 36: chair**—Smith & Hawken; 800/776 ... www.SmithandHawken.com. **Trestle base**—Wh... Wood Products; 800/653-3336.

**Pressed Flowers**
**Pages 38-46: all items**—antique, discontinued, ... personal belonging.

**Problem/Solution Kitchen**
**Page 48: sink,** "#K-5932-4," **sink basket,** "#K-652... Kohler Co.; 800/456-4537; www.kohler.com. **Hande... backsplash tile** (Butter Yellow)—Sonoma Tilema... 7750 Bell Rd., Windsor, CA 95492; 707/837-... www.sonomatilemakers.com. **Faucet**—Chicago Fa... Co., 2100 S. Clearwater Dr., Des Plaines, IL 60018; 84... 5000. **Window,** "Royal"—Kolbe & Kolbe Millwor... Inc., 1323 S. 11th St., Wausau, WI 54401; 800/955-... **Light sconces,** "W388PN"—Rejuvenation House ... 1100 SE. Grand Ave., Portland, OR 97214; 503/238-1... **Page 50: dishwasher,** "#SHI6805UC"—Bosch, 555 ... Fadden Ave., Huntington Beach, CA 92649; 800/866-... www.boschappliances.com. **Refrigerator,** "#650FR... Sub-Zero Freezer Co., Inc., 4717 Hammersley Rd., ... son, WI 53711; 800/222-7820; www.subzero.com. **Co... fixture,** "#C865PN," **light sconces,** "W388PN"—Re... nation House Parts (address above). **Bar sink,** "#K ... 2"—Kohler Co.; 800/456-4537; www.kohlerco ... **Faucet**—Chicago Faucets Co. (address above). **Ca... stained glass**—David Schlicker, Stained Glass St... 2335 SE. 50th Ave., Portland, OR 97215; 503/231-... **Cabinets** (Antique White)—Neil Kelly Co., 804 N. Alb... Portland, OR 97217; 503/288-7461; www.neilkelly. ... **Large cabinet pulls,** "#4313PN"; **round cabinet p... "#9222PN"**—Rejuvenation House Parts (address ab... **Fruit-pattern china**—Mikasa, One Mikasa Dr., Seca... NJ 07096; 800/833-4681. **Eggplant-pattern china**—F... Floyd, 1617 Sixth Ave., Ste. 600, Seattle, WA 9... 206/628-2111. **Green ceramic tray,** "#007604," **white ... al flower holder,** "148102"—T.J. Maxx; 800/926-... www.tjmaxx.com. **Mugs, mixing bowls, pitcher,** "... Again Stoneware"—Fred Meyer Corp. (address ab... **Purple vase, barstool with back,** "School House" ... tery Barn; 800/922-5507; www.potterybarn.com. **Re... "Epicure #ERSD30", pancake grill, hood,** "#EHD36... Dacor, 950 S. Raymond Ave., Pasadena, CA 9... 800/793-0093; Web site: www.dacorappl.com. **Gr... countertops**—Paramount Marble, 7415 SE. Foster ... Portland, OR 97206; 503/777-0227. **Window,** "Roy... Kolbe & Kolbe Millwork Co., Inc. (address above) ... **paint** (Maple), **ceiling paint** (Twilight)—Miller Paint ... Inc., 12812 NE. Whitaker Way, Portland, OR 9... 800/852-3254
**Page 52: small barstool,** "Winsome"—Fred Meyer C... Customer Service, 3800 SE. 22nd, Portland, OR 9... 800/858 9202. **Countertops**—Paramount Marble (ad... above). **Cabinets** (Antique White)—Neil Kelly Co. ... dress above). **Large cabinet pulls,** "#4313PN"; **round... inet pulls,** #9222PN—Rejuvenation House Parts (ad... above). **Backsplash tiles**—Sonoma Tilemakers (ad... above). **Kitchen canisters,** "#310078"—Costco Whol... Corp.; 800/774-2678; www.costco.com. **Range,** "Epi... #ERSD30," **pancake grill, hood,** "#EHD36S"—Dacor

continued on page

# Snow Angels

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**HEIRLOOM ORNAMENTS from Ashton-Drake**
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### Farmer's Tomato Pie

A bite of this little number matches the bliss of eating a warm-from-the-garden tomato. Bits of garlic and melty cheese contribute to the taste sensation, but then comes the fragrant exclamation point—a handful of fresh basil leaves.

**Prep:** 30 minutes **Bake:** 32 minutes
**Stand:** 10 minutes

- ½ of a 15-oz. pkg. (1 crust) folded refrigerated unbaked piecrust
- 1⅓ cups shredded Italian blend cheese or shredded mozzarella cheese (5½ oz.)
- 4 cloves garlic, minced
- 2 Tbsp. fine dry bread crumbs
- 2 lb. ripe tomatoes, cut into wedges (about 6 cups)
- 1 cup halved cherry tomatoes, (about 6 oz.)
- ½ tsp. salt
- ¼ to ½ cup loosely packed small fresh basil leaves or ¼ cup shredded fresh basil leaves

1. Preheat oven to 450° F. Unfold piecrust according to package directions. On a lightly floured surface roll crust to a 12-inch circle. Place in a 9- to 9½-inch quiche dish or 9-inch pie plate. Trim edges, if necessary. Fold under extra pastry. If using pie plate, crimp edge as desired. Line the unpricked pastry with a double thickness of foil. Bake for 8 minutes. Remove foil. Bake for 4 to 5 minutes more or until pastry is set and dry. Remove from oven.

2. Reduce oven temperature to 375° F. Sprinkle ⅓ cup of the cheese evenly over baked pie shell. Sprinkle minced garlic evenly over cheese. Sprinkle with 2 teaspoons of the bread crumbs. Top with one-third of the tomato wedges, one-third of the cherry tomatoes, and ⅓ cup of the remaining cheese. Sprinkle with 2 teaspoons bread crumbs.

3. Repeat with another one-third of the tomato wedges, one-third of the cherry tomatoes, and ⅓ cup of the cheese. Sprinkle with remaining bread crumbs. Top with remaining tomato wedges, cherry tomatoes, and cheese. Sprinkle with salt. (Shell will be quite full.)

4. Bake for 20 to 25 minutes or until pastry is golden brown and tomatoes are just starting to brown on top. Remove from oven to a wire rack and sprinkle tomatoes with basil leaves. Let stand 10 minutes before serving. (If held longer, tomatoes tend to release their juices, which may make the pastry a little soggy.) Makes 8 servings.

Nutrition facts per serving: 216 cal., 12 g total fat (6 g sat. fat), 19 mg chol., 413 mg sodium, 21 g carbo., 2 g fiber, 7 g pro. Daily Values: 18% vit. A, 44% vit. C, 12% calcium, 4% iron.

### Garden Chicken Soup

Watch for white, red, or even purple carrots at the market this year. The deeper-colored carrots tend to fade to standard orange when cooked, but they're so much fun to eat raw.

**Prep:** 15 minutes **Cook:** 11 minutes

- 1 Tbsp. cooking oil
- 12 oz. packaged skinless, boneless chicken breast strips
- 3 cups reduced-sodium chicken broth
- 12 baby carrots (about 6 oz. with ½-inch tops)
- 2 medium onions, cut into thin wedges (1 cup)
- 2 cloves garlic, minced
- 1 large yellow summer squash, halved lengthwise and sliced (about 2 cups)
- 2 cups shredded Swiss chard
- 1 Tbsp. snipped fresh lemon-thyme or thyme
- Asiago cheese curls or Parmesan cheese curls*

1. In a very large skillet heat oil over medium-high heat. Cook chicken in hot oil for 3 minutes.

2. Carefully add broth, carrots, onions, and garlic. Bring to boiling; reduce heat. Cover and simmer 5 minutes. Add squash and cha Cook, covered, for 3 minutes m or until vegetables are just ten Stir in lemon-thyme. Top each se ing with Asiago cheese curls. Ma 4 main-dish servings.

*Use a vegetable peeler to m thin curls of cheese from a wedg

Nutrition facts per servi 217 cal., 8 g total fat (3 g sat. f 57 mg chol., 643 mg sodium, 1 carbo., 3 g fiber, and 26 g pro. Da Values: 231% vit. A, 25% vit. 11% calcium, and 9% iron.



### Sage-Brushed Cowboy Steak

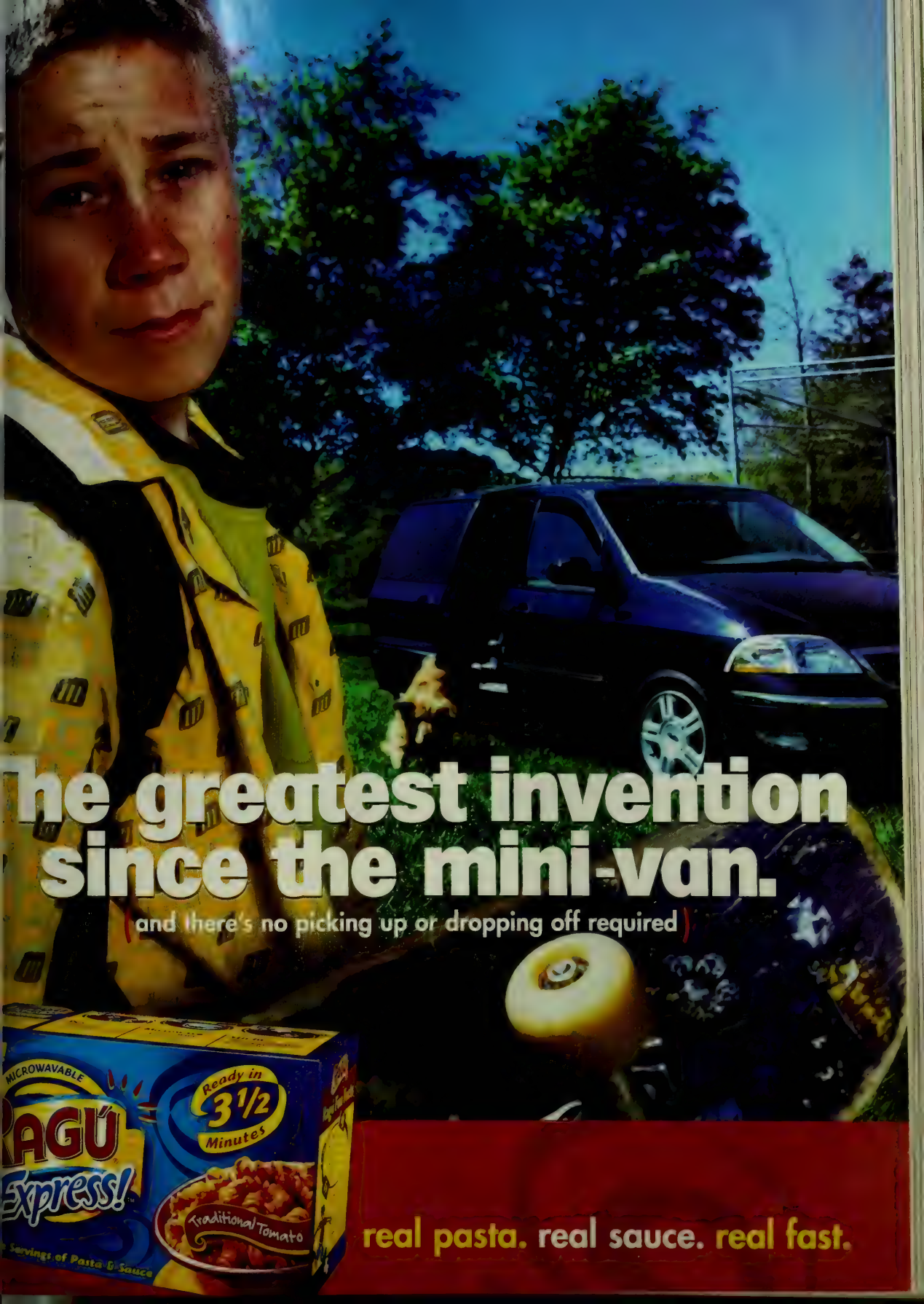
A cloudless night, a blanket on t ground, and an easy steak on t grill. What cowboy could ask more? Pile up skillet-toasted co and grilled sweet peppers for simple side dish. To test your ste for doneness, be sure to use a m thermometer.

**Prep:** 40 minutes **Cook:** 10 minut
**Grill:** 8 minutes

- 3 cups fresh corn kernels
- 1 Tbsp. olive oil
- ¼ tsp. salt
- 2 beef T-bone or porterhouse steaks, cut 1 inch thick
- 1 small sweet pepper (red or yellow), halved and seeded
- ¼ cup snipped fresh sage
- 2 Tbsp. melted butter or margarine
- 3 or 4 large fresh sage leaves
- ⅓ cup queso fresco cheese or farmer's cheese, crumbled

1. In a large skillet cook corn hot oil over medium-high heat ab

continued on page


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Here's a hot tip.

For dishes to talk about, "almondine" your veggies, chicken or soup by sprinkling almonds on top. Also, give this recipe a try.

Here's a recipe for veggie lovers.

Almond-Green Bean Salad —

- *3/4 lb. green beans, in 1 1/2" pieces*
- *1 cup halved cherry tomatoes*
- *1/3 cup sliced red onion*
- *2 Tbs. balsamic vinegar*
- *1 Tbs. vegetable oil*
- *Salt and pepper to taste*
- *Torn lettuce leaves*
- *1/3 cup sliced almonds, toasted*

Steam beans 5 minutes until crisp; rinse under cold water. In a bowl, toss beans, tomatoes, onions, vinegar, oil, salt and pepper. Line plates with lettuce. Top with bean mixture and almonds. Serves 4.

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## market fresh

continued from page 150

10 minutes or until corn is tender and golden brown, stirring often. Stir in salt. Remove from heat. Cover; keep warm.

2. If desired, sprinkle the steaks with salt and pepper. Grill the steaks and sweet pepper halves on the rack of an uncovered grill directly over medium coals to desired doneness, turning once. (For steak, allow 8 to 12 minutes for medium-rare doneness or until temperature reaches 145° F. For medium doneness allow 12 to 15 minutes or until temperature reaches 160° F. For sweet pepper, allow 8 to 10 minutes, turning once.)

3. Meanwhile, stir 2 tablespoons of the snipped fresh sage into melted butter. Make a sage "brush" by tying 3 or 4 fresh sage leaves together with a clean kitchen string at the base of the leaves, and tie again closer to the leaves to make a sturdier brush. After turning steaks, brush with melted butter using sage brush (or use a pastry brush). Remove the steaks and sweet pepper halves from grill.

4. Chop grilled sweet pepper. Stir sweet pepper and remaining 2 tablespoons snipped sage into corn. Just before serving, sprinkle corn with crumbled cheese. Serve corn mixture with steaks. Makes 4 servings.

*Note:* To grill steaks with indir heat, in a grill with a cover arran preheated coals around a d pan. Test for medium heat abo pan. Place steaks over drip p Place sweet pepper halves in a g basket or rack directly over co Cover and grill steaks and sw pepper to desired doneness. Af turning steaks, brush them w melted butter using sage br or pastry brush. (For steaks, all 16 to 20 minutes for mediu rare doneness or until temperat reaches 145° F. Allow 20 24 minutes for medium donen or until temperature reaches 160 For sweet pepper, allow 8 10 minutes.)

*Note:* To broil, place the ste and sweet pepper halves on unheated rack of a broiler pan. Br with surface of steak and sw pepper halves 3 to 4 inches from heat to desired doneness, turni once. (For steaks, allow 15 to minutes for medium-rare to medi doneness. For sweet pepper, all 8 to 10 minutes.) After turning steaks, brush them with mel butter using a sage brush or pas brush.

Nutrition facts per servi 483 cal., 22 g total fat (9 g sat. f 111 mg chol., 317 mg sodiu 29 g carbo., 4 g fiber, and 44 g p Daily Values: 31% vit. A, 60% vit. 5% calcium, and 28% iron.

continued on page

**THERMOMETER/TIMER**



Use this **ThermoTimer** with our Sage-Brushed Cowboy Steak (*page 150*), our Mushroom-Stuffed Pork Chops (*page 154*), or other family favorites. Featuring a 5-inch stainless-steel probe, the device provides readings for red meats, fish, and poultry. Flip a switch and change readings to Celsius. Press a button and illuminate the LCD display to use in low light. The built-in timer (works simultaneously with the temperature readout) can be set for up to 24 hours in one-minute increments. Measuring 8x1½x½ inches, the ThermoTimer comes with a 5-year lithium battery. From Zelco, each unit costs $36.95, which includes shipping, handling, and applicable sales tax.

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Here's some tasty information that's sure to get every nut lover worked up. Almonds are cholesterol free. It's great news, but not the only hot topic when you're talking almonds. Because every tasty little crunch is also high in vitamin E and low in saturated fat. So when you're feeding a healthy appetite, feel free to go all out by making sure California Almonds are in.

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### Mushroom-Stuffed Pork Chops

For a ready-made glaze, grab a jar of ginger jelly or orange marmalade. The touch of sweetness harmonizes well with the ginger-flecked stuffing.

**Prep:** 25 minutes **Grill:** 35 minutes

- ½ cup coarsely chopped mushrooms, such as button, chanterelle, or shiitake
- ¼ cup chopped onion
- 1 Tbsp. margarine or butter
- 1 tsp. grated fresh ginger
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 cup coarsely chopped fresh spinach leaves
- ¼ cup soft sourdough or white bread crumbs
- 4 pork loin chops or rib chops, cut 1¼ inches thick (about 3 lb.)
- Salt and pepper
- ¼ cup ginger jelly or preserves or orange marmalade
- 12 green onions
- 2 tsp. olive oil

1. For stuffing, in a saucepan cook mushrooms and onion in margarine or butter until onion is tender. Remove from heat. Stir in ginger, ¼ teaspoon salt, and ¼ teaspoon pepper. Add spinach and bread crumbs, tossing gently to combine.

2. Trim fat from meat. Make a pocket in each chop by cutting horizontally from the fat side almost to the bone. Spoon one-fourth of the stuffing into each pocket. Secure the opening with wooden toothpicks. Sprinkle chops with salt and pepper.

3. In a grill with a cover arrange preheated coals around a drip pan for indirect grilling. Test for medium heat above the pan. Place chops on the grill rack over the drip pan. Cover; grill for 35 to 40 minutes or until center of meat reaches a temperature of 160° F, turning once and brushing occasionally with ginger jelly during last 5 minutes of grilling.

4. Meanwhile, trim roots and tops of the green onions. Heat olive oil in a medium skillet. Add green onions and cook, uncovered, for 1 to 3 minutes until slightly softened.

5. Place chops and green onions on dinner plates. Makes 4 servings.

*Note:* To bake stuffed chops, after stuffing and sprinkling chops with salt and pepper, brown them in a small amount of oil in a large skillet. Transfer to a baking dish and bake, uncovered, in a 375° F oven for 35 to 45 minutes or until center of meat reaches a temperature of 160° F, brushing with ginger jelly during the last 5 minutes of baking.

Nutrition facts per serving: 442 cal., 17 g total fat (5 g sat. fat), 132 mg chol., 355 mg sodium, 19 g carbo., 2 g fiber, and 50 g pro. Daily Values: 15% vit. A, 20% vit. C, 7% calcium, and 16% iron.

### Seared Vegetable Medley

Popular at roadside vegetable stands, Romano beans have pods that are wider and flatter than green beans. Don't pass them up if you spot them. They're a wonderful addition to this casserole or terrific solo. Cook them as you would any fresh green bean.

**Prep:** 25 minutes **Broil:** 20 minutes

- 3 cups cauliflower florets (about 12 oz.)
- 2 medium yellow, orange, and/or red sweet peppers, seeded and cut into strips or squares
- 12 oz. green beans or Romano beans, trimmed and cut into 2-inch pieces (3½ cups)
- 2 medium onions, cut into wedges or chunks
- 3 Tbsp. olive oil or cooking oil
- 4 cloves garlic, minced
- ½ tsp. salt
- ¼ tsp. black pepper
- 2 tsp. finely shredded lemon peel
- 2 tsp. lemon juice

1. In the bottom of a broiler pan combine cauliflower, sweet peppers, beans, and onions. In a small bowl combine oil, garlic, salt, and black pepper; drizzle over vegetables, tossing to coat.

2. Broil 5 to 6 inches from heat for 20 to 25 minutes or until vegetables are just tender and browned, stirring every 5 minutes. Watch carefully the last 5 to 10 minutes and stir more frequently, if needed, to prevent burning. Remove pan from oven. Sprinkle vegetables with lemon peel and juice; toss gently to coat. Makes 6 to 8 side-dish servings.

Nutrition facts per serving: 111 cal., 7 g total fat (1 g sat. fat), 0 g chol., 215 mg sodium, 14 g carb., 4 g fiber, and 3 g pro. Daily Values: 10% vit. A, 213% vit. C, 5% calcium, and 7% iron.

### Sizzling Catfish with Pepper-Mint Slaw

You'll have your pick of peppers this summer, but be sure to watch the heat levels. The poblanos called for in the slaw are pretty mild. However, other peppers can be scorching. Just ask before you buy.

**Prep:** 30 minutes **Cook:** 8 minutes

- 1 to 1¼ lb. fresh or frozen catfish fillets, ½ to ¾ inch thick
- 1 recipe Pepper-Mint Slaw
- 1 egg, beaten
- 2 Tbsp. water
- ¼ cup yellow cornmeal
- ½ of a medium poblano pepper, seeded and finely chopped (⅓ cup)
- 2 Tbsp. fine dry bread crumbs
- 2 Tbsp. grated Parmesan cheese
- ¼ tsp. salt
- ¼ cup all-purpose flour
- 3 Tbsp. cooking oil
- Lemon wedges

1. Thaw fish, if frozen. Cut into four serving-size pieces, if necessary. Set aside. Prepare Pepper-Mint Slaw up to 30 minutes before serving time. Cover and chill.

2. In a shallow dish combine egg and water. In another shallow dish combine the cornmeal, chopped peppers, bread crumbs, Parmesan

continued on page 19







Try all five flavors.

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KF Holdings. Not yet available in all areas.

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cheese, and salt. Place flour in a third shallow dish. Dip each piece of fish in flour, then in egg mixture, then coat evenly with cornmeal mixture.

3. In a large skillet heat the oil over medium heat. Add the fish and fry for 4 to 5 minutes on each side or until golden brown and fish flakes easily with a fork.

4. Serve slaw and lemon wedges with fish fillets. Makes 4 servings.

*Pepper-Mint Slaw*: Remove seeds, stem, and membranes from half of a medium poblano pepper. Cut into thin, bite-size slivers. In a large bowl combine 3 cups shredded cabbage with ¼ cup bottled coleslaw salad dressing. Gently stir in pepper strips, ¼ cup snipped fresh Italian parsley, and 2 tablespoons snipped fresh mint.

Nutrition facts per serving: 446 cal., 29 g total fat (6 g sat. fat), 110 mg chol., 438 mg sodium, 22 g carbo., 2 g fiber, and 23 g pro. Daily Values: 14% vit. A, 177% vit. C, 10% calcium, and 19% iron.

**Teeny Zucchini with Onions**

Three main ingredients and less than 10 minutes in the skillet reward you with a side dish that's sensational.

**Prep:** 10 minutes **Cook:** 7 minutes

- 1 lb. baby zucchini or 3 medium zucchini
- 1 Tbsp. olive oil
- 1 small onion, cut into thin wedges
- ¼ cup chopped walnuts
- ½ tsp. dried oregano, crushed
- ¼ tsp. salt
- ¼ tsp. pepper

1. Rinse and trim zucchini. If using medium zucchini, cut in half lengthwise and then into ½-inch-thick slices.

2. In a large nonstick skillet heat olive oil over medium heat. Add zucchini and onion. Cook, stirring occasionally, for 6 to 8 minutes or until vegetables are just tender.

3. Add walnuts, oregano, salt, and pepper. Cook and stir for 1 minute more. Makes 4 to 6 side-dish servings.

Nutrition facts per serving: 106 cal., 9 g total fat (1 g sat. fat), 0 mg chol., 146 mg sodium, 6 g carbo., 1 g fiber, and 4 g pro. Daily Values: 0% vit. A, 67% vit. C, 3% calcium, and 2% iron.



BERRY PATCH ICE CREAM DESSER

**Berry Patch Ice Cream Dessert**

Get this cool concoction started the night before serving, and putting it together will be a breeze. The extra brownie layer this recipe calls for can be popped in the freezer for another day.

**Prep:** 15 minutes **Bake:** 25 minutes
**Freeze:** 4 hours

- 1 19- to 22-oz. pkg. fudge brownie mix
- 1 quart vanilla ice cream
- 2½ cups desired berries, such as raspberries, blueberries, and halved strawberries
- ¼ cup chocolate ice cream topping or raspberry syrup

1. Preheat oven to 325° F. Light grease two 8x1½-inch round bakin pans; line bottom of each with waxe paper. Grease the waxed paper; s pans aside. Prepare brownie mix a cording to package directions; divi batter and spread into prepared pan

2. Bake for 25 minutes. Cool pan on wire rack for 10 minute Loosen edges, invert, and careful remove brownie from pan. Peel o waxed paper. Cool completely. Wr

continued on page 1

**HOUSEHOLD JUICE EXTRACTOR**

"Nutrition In No Time" (*page 178*) discusses the benefits of using juices as part of your daily five servings of fruits and veggies. For a quick and easy way to make your own fresh juices, try the **Panasonic Household Juice Extractor**. This easy-to-assemble device extracts delicious, vitamin-rich juices from most fruits and vegetables. The transparent cover, large opening, and stainless-steel strainer allow for continuous operation. Each unit costs $169.95, which includes shipping, handling, and sales tax.



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# dinnerclub debut

inner clubs are

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*Photograph by Joel Benjamin*

You love to cook, you love to entertain, you just don't have the time to do it all. Dinner clubs solve that problem; each person prepares just one course, and the club can even be set up so the host doesn't have to cook. Here are a few tips from S.O.S®, the maker of CleanRinse Scrubber sponges, for starting your own dinner club.

**Choose your club members.** Pick responsible friends who enjoy cooking and love eating. It helps if everyone in the club lives in the same area. Meet to decide who will organize and host each dinner.

**Make a menu.** Menus built around a theme are not only fun and inspiring, but they also allow members to learn about different cultures and sample cuisines that may not be otherwise available in your area. Pick interesting dishes—food that your club members wouldn't make on their own—but nothing too challenging. Use your imagination: "Oktoberfest" might introduce members to the traditional foods of Germany, while "A Night in Tuscany" would showcase dishes from central Italy. Put together an appropriate menu, collect recipes and mail them out a month before the actual event.

**Share the cost.** Be sure that one member isn't shouldering all of the financial burden. Some dinner clubs total their expenses at every dinner and split the costs evenly; others pitch in only when one member has had to contribute much more than the others.

**Take notes.** You'll want to remember your first dinner club night. Take pictures and keep a scrapbook; at future dinners, you can bring it out and remember meals gone by. Save every menu and recipe you use; you might want to collect them for your own dinner club cookbook.

**Enjoy yourself.** If your soufflé falls or your pasta is overcooked, remember: This is supposed to be fun. Relax. It's called a dinner club, but it's about your company, not your cuisine.




The S.O.S® CleanRinse Scrubber sponge can help jump start your cooking club. Enter the "Dinner Club Starter Kit" Sweepstakes and you could be one of the six grand prize winners who will receive an **8-piece set of Circulon® Style cookware. Each set includes 1-and 2-qt. covered sauce pans, 8-qt. stockpot, open skillet, 10"open sauté pan. Eight runners-up will each receive a Circulon Style 5.5-qt. Covered Casserole and a 10.5" Everything Pan.**

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**NO PURCHASE OR PAYMENT OF ANY NECESSARY TO ENTER OR WIN. PURCHASE WILL NOT INCREASE CHANCE O**
**OFFICIAL ENTRY RULES:** TO ENTER: Hand pri complete address, telephone number with area code a on a 3" x 5" card and mail to: Clorox S.O.S "Dinner C Sweepstakes, P.O.Box 3007, New York, NY 10108-3007. per person. Entries must be postmarked by Novembe received by November 10, 2001. The Clorox Company Nast Publications, Inc. ("Sponsors") are not responsi errors or for late, lost, stolen, postage-due, misdirected, damaged, incomplete or illegible entries. All entrie exclusive property of Sponsors and will not be ac returned. SELECTION OF WINNERS: Winners will be random drawing from all eligible entries received. conducted in New York, NY on or about November representative of Sponsors, whose decisions will be fi in all respects. Winners will be notified by telephone or November 15, 2001. All prizes will be awarded. In noncompliance with these rules, or if prizes or prize n returned or are otherwise undeliverable, prize may b awarded to an alternate winner. PRIZES: Six (6) Circulon® Style 8-piece Cookware Set, including 1 an saucepans, 8 qt. stockpot, 8" open skillet and 10" o (ARV $488 each). Eight (8) First Prizes: Circulon® including 5.5 qt. casserole and 10.5" everything pan (AF Odds of winning depend on the number of eligible e Income or other taxes, if any, are the sole responsibility Prizes are non-transferable, and no cash redemp substitution is allowed, except at the sole discretion of reserve the right to substitute a prize of equal or ELIGIBILITY: Sweepstakes is open to legal U.S. reside years of age or older as of the date of entry, except Sponsors, their affiliates, subsidiaries, agents, a promotion agencies, and the immediate family memb residing in the households of the foregoing. Void in Puer the U.S., and wherever prohibited by law. GENERAL Sweepstakes subject to all applicable federal, state and regulations. Entrants agree to be bound by such reg Official Rules and the judges' decisions. Winners may sign and return an Affidavit of Eligibility/Liability and Publicity Release within 14 days of attempted notificati winners may be chosen. By entering, participants rele their affiliates, subsidiaries, advertising and promotion their respective directors, officers, employees and a and all liability with respect to this to this Sweepsta without limitation, injuries, losses or damages of any from acceptance, possession, use or misuse of any where prohibited by law, acceptance of a prize const consent to the use of his/her name, likeness, and entry and promotional purposes without further compensation For list of winners' names, available after November 1 SASE to: Clorox S.O.S "Dinner Club Starter Kit" Sweeps P.O. Box 3007, New York, NY 10108-3007. The Clorox Company, 1221 Broadway, Oakland, C The Condé Nast Publications, Inc., 4 Times Square, New

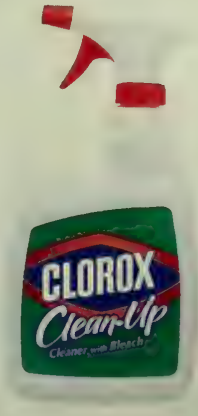


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# Maybe the others should be called "Almost-All-Purpose Cleaners."



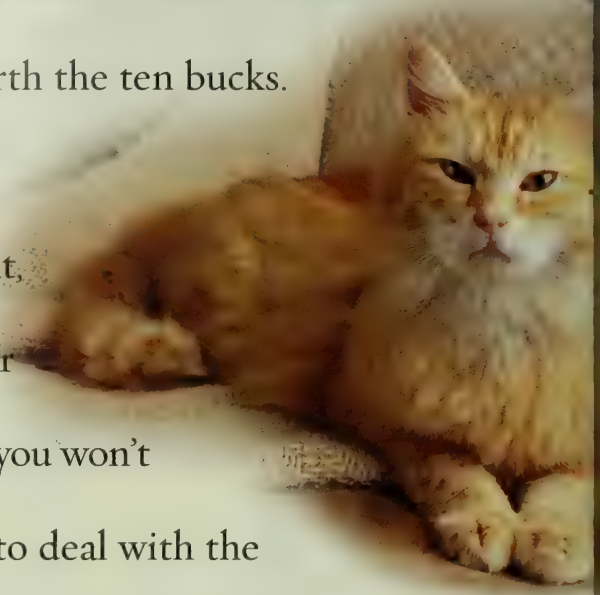

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## arket fresh

tinued from page 156

h of the brownies in plastic wrap. ce one of the brownie rounds in airtight freezer container and eze for up to 2 months. Store naining brownie at room temper- re for several hours or overnight ile berry-ice cream layer is being zen.

3. Line an 8x1½-inch round pan h plastic wrap, allowing excess to end over edges; set aside. In a ge mixing bowl stir ice cream just soften. Carefully fold in 1 cup of berries. Spread berry-ice cream xture evenly in prepared pan. ver and freeze for 4 to 24 hours.

4. To serve, place one brownie and on a serving plate. Lift ice eam and plastic wrap from pan. vert ice cream layer onto brownie; el off plastic wrap. Top with the naining 1½ cups of berries. Serve th chocolate topping or raspberry rup. Let dessert stand for 15 inutes before serving to soften ghtly. Makes 10 servings.

Nutrition facts per serving: 0 cal., 19 g total fat (8 g sat. fat), mg chol., 141 mg sodium, 44 g rbo., 3 g fiber, and 4 g pro. Daily lues: 9% vit. A, 14% vit. C, % calcium, and 8% iron.

**Peachy Lobster Pasta Salad**

erbs make this sunny-afternoon lad a standout. We like the basil, dill eed, and thyme combo, but use ur favorites. Serve the salad with a eat garlic bread or crusty sour- ough roll and a tall glass of iced tea.

**Start to finish:** 30 minutes

- 6 oz. medium shell macaroni (2 cups)
- ½ cup snipped mixed fresh herbs, such as basil, dill weed, and thyme
- ¼ cup olive oil
- 1 tsp. finely shredded lime peel
- 3 Tbsp. lime juice
- 3 Tbsp. orange juice



PEACHY LOBSTER PASTA SALAD

- 2 cloves garlic, minced
- 1 Tbsp. honey
- ¼ tsp. salt
- ¼ tsp. pepper
- 3 medium peaches, peeled and sliced
- 2 cups cut-up, cooked lobster or crabmeat (cartilage removed) or flake-style imitation lobster (12 oz. cooked)
- 1 cup watercress (½ oz.)
- Salt and pepper

1. Cook pasta according to package directions. Drain well. Rinse with cold water and drain well again.

2. Meanwhile, in a large salad bowl combine herbs, olive oil, lime peel, lime juice, orange juice, garlic, honey, ¼ teaspoon salt, and ¼ teaspoon pepper. Add peach slices. Toss gently to combine. Add pasta, lobster, and watercress. Toss gently to combine. Season with additional salt and pepper. Makes 4 to 6 main-dish servings.

Nutrition facts per serving: 421 cal., 15 g total fat (2 g sat. fat), 61 mg chol., 509 mg sodium, 49 g carbo., 3 g fiber, and 24 g pro. Daily Values: 22% vit. A, 33% vit. C, 9% calcium, and 11% iron.

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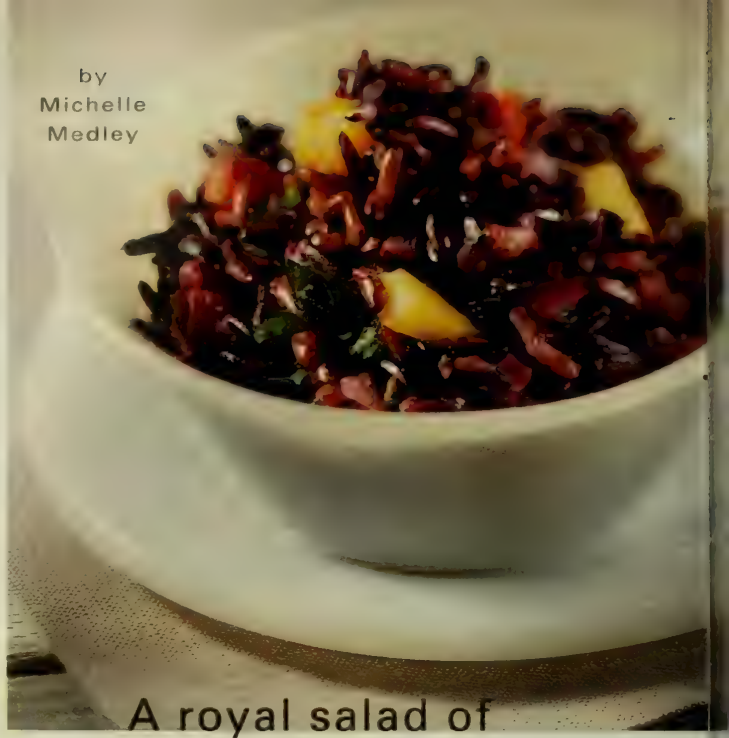
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by Michelle Medley



# A royal salad of purple rice

Purple Thai rice, found in Asian markets, adds rich color and a subtle nutty flavor to recipes. Although the deep-colored rice is a long-grain variety, it takes a little longer to cook than white long-grain rice. Both rices work well with the refreshing flavors of mint and mango found in this salad.

**Mango-Rice Salad**

**Prep:** 15 minutes **Cook:** 25 minutes **Stand:** 10 minutes

- 1½ cups water
- 1 cup uncooked purple Thai rice,* rinsed and drained, or 1 cup long-grain rice
- ½ cup orange juice
- 1 tsp. margarine or butter
- ½ tsp. salt
- 1 cup chopped, peeled mango
- ½ cup bottled roasted red sweet pepper, chopped
- ¼ cup snipped fresh mint
- 2 Tbsp. lime juice
- 1 Tbsp. olive oil

1. In a medium saucepan combine water, rice, orange juice, margarine or butter, and salt. Bring to boiling. Cover and simmer for 25 minutes (15 to 20 minutes for long-grain rice) or until most of the liquid is absorbed and rice is tender. Remove from heat; let stand 10 minutes. Place rice in colander to drain if necessary. Rinse with cool water; drain well.

2. In a serving bowl combine rice, mango, red pepper, mint, lime juice, and olive oil. Serve at room temperature, or cover and chill rice salad up to 24 hours. Makes 6 side dish servings.

*Check Asian markets for purple Thai rice. You can order it from Indian Harvest Specialtifoods, Inc., by calling 800/294-2433 or going online at *www.indianharvest.com*.

Nutrition facts per serving: 175 cal., 3 g total fat (1 g sat. fat), 2 mg chol., 189 mg sodium, 34 g carbo., 2 g fiber, and 3 g protein. Daily Values: 21% vit. A, 96% vit. C, 1% calcium, and 14% iron. ⌂



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# my berry, your berry

by Ken Haedrich

Nothing puts a twinkle in a kid's eye quite like fresh berries. They're the jewels in summer's exquisite strand of fresh fruit, colorful gems marking time from one end of summer vacation to the other. Truth is, berries rate high on nearly every kid's list of summer favorites—strawberry shortcake, blueberry muffins, blackberry ice cream, and raspberry jam.

Whether you grow them, pick your own, or shop at a farm stand or supermarket, fresh berries are a ripe subject. Keep a supply on hand and you'll discover that youngsters are intuitive berry masters. Opportunity seldom escapes their radar screen. Summer pancakes? Why not tumble a container of blueberries into the batter? Or, how about a snazzy border of raspberries on that cake or pudding?

Berry experts or not, parents can still teach kids a thing or two: How to select the freshest and best berries or how to make an old-fashioned berry fool dessert (see recipe, *page 164*).

Fools, mixtures of fresh fruit and whipped cream, date back hundreds of years. But with a modern touch or two—lemon yogurt and cookie crumbs—they've got plenty of appeal. Bring on the berries!

continued on page 164

### ARE YOU BERRY SMART?

Can you match these rhymes to the berries in the pictures below? We bet you can.

1. I'm not the sad berry that my name would imply, my skin's a dark shade of the clear morning sky.
2. I taste yummy with rhubarb, with shortcakes I'm swell, if you snitch one too many, blushing fingers will tell.
3. I look like a thimble, rosy colored and sweet, but please handle me gently, as I'm a delicate treat.
4. I've a thorny reputation, but I'm delicious indeed, big, dark, and plump, and full of small seeds.




ANSWERS: 1) B, Blueberry 2) A, Strawberry
3) D, Raspberry 4) C, Blackberry


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### BERRY PERFECT

**BUY** fresh berries at the height of their season for best value. Peak supplies often bring lower prices.

**PLAN** a choose-a-berry party, with an all-berry menu. How about berry parfaits or smoothies?

**AVOID** berry containers with excess juice in the bottom, overly soft fruit, and other telltale signs of age, such as bruises, mold, or unhealthy color.

**REFRIGERATE** berries in a single layer, loosely covered, in a shallow dish, so they don't crush under their own weight.

**RINSE** berries just prior to using, not before. Blot dry on paper towels if needed. Invert raspberries to drain.

**FREEZE** whole berries by spreading them out on a baking sheet. Bag and freeze them once they're frozen solid.



**Gently tug to remove the green tops of the strawberries, then get whipping. An older brother, sister, or adult should run the mixer. Simple tasks, such as crumbling the cookies, can be left to younger kids. And, the whole family can create fancy layers!**



**Fresh Strawberry Fool**

**Prep:** 10 minutes **Chill:** up to 2 hou

- ½ cup whipping cream
- ⅓ cup powdered sugar
- ½ tsp. vanilla
- 1 8-oz. carton lemon yogurt
- 3 cups sliced fresh strawberrie or 2 cups fresh blueberries
- ½ cup coarsely crumbled shortbread cookies (5 cookie

1. Beat whipping cream, powder sugar, and vanilla in a medium m ing bowl with an electric mixer r rotary beater until soft peaks for By hand, fold in yogurt and half the berries.

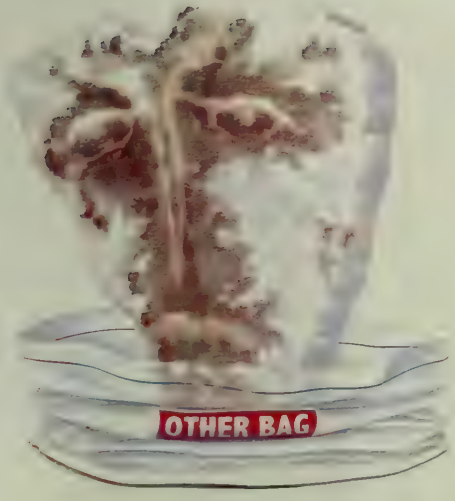
2. Spoon some of the whipp mixture into the bottom of 10-our individual glasses.

3. Top each with some of t remaining berries, the rest of t whipped cream mixture, and th the rest of the berries. If you wi cover and chill up to 2 hours. Bef serving, sprinkle with the crumbl cookies. Makes 4 servings.

Nutrition facts per serving: 2 cal., 15 g total fat (8 g sat. fat), 47 chol., 98 mg sodium, 32 g carb 3 g dietary fiber, 4 g protein. Da Values: 11% vit. A, 103% vit. 14% calcium, 4% iron.




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**March 2002 Categories: Best Cake Mix Fix-Ups:** Transform a mix into mo
than a cake. Bake it as an upside-down cake, or make cookies, cobblers,
cheesecakes. Which flavorful ingredients do you add? Share your speci
frosting or topping for the baked cake. Do you bake the cake, then use t
layers for a delicious trifle? Or do you use the mix to make a fruit dessert?

**Rice on the Side:** We like rice, whether served hot to accompany dinner or co
in a salad mixed with fruit. What kind of seasonings and/or other ingredien
do you add to the rice? Do you bake it in the oven or cook it on the ran
top? White, quick-cooking, brown, arborio, and wild rice are all welcome.

**This Month's Winners** - Pages 169 and 170

$400 Winners: Margaret Berry, Lincoln, Neb.; Lauri Knox, Golden, Colo. $200 Winners: Ly
Boynton, Columbia, Mo.; Rita Maduell, New Orleans, La. $50 Honor Roll Winners: Nina
Diehlman, Ocala, Fla.; Julia A. Foster, Paducah, Ky.; Ginger Kelley, Portland, Ore.; Nadia Kel
Allentown, Pa.; Joanna Lyon, Silver Spring, Md.; Judith Miller, San Jose, Calif.; Laureen Pet
son, Jackson, Tenn.; Sandra Petrille, Plainfield, Ill.; Janet Smith, Green Valley, Ariz.; Barbara
Spitzer, Lodi, Calif.

**Contest Rules:** NO PURCHASE NECESSARY. 1. The contest is open to legal U.S. residen
except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate fa
lies. 2. With each entry, clearly print or type your name, address, phone number, and reci
marked "Best Cake Mix Fix-Ups" or "Rice on the Side." Specify brands and recipe orig
3. Send recipes by postal mail to: 0203 Food Department, *Better Homes and Garden*
Magazine, Des Moines, IA 50309-3023. Or, send e-mail entries to: ptr@mdp.com. 4. Entries mu
be postmarked by August 24, 2001, and received by August 31, 2001. E-mail entries must
posted by 11:59 p.m., EDT, August 24, 2001. 5. Monthly winners will be selected about 60 da
later, then notified by mail. Winners must sign affidavit, release, and copyright assignment. T
annual grand prize winner will be selected from the year 2002's top winners on or abo
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see page 166 for details



# $400 winner Perky Pistachio Torta

Margaret Berry, Lincoln, Neb.,
in the Fresh Herb Ideas Category, August 2001

- 4 cubes Pistachio Pesto
- 1 8-oz. package cream cheese
- Roasted red pepper strips
- Chopped pistachio nuts

Thaw four cubes of prepared Pistachio Pesto (see recipe, *below*). Divide an 8-ounce package cream cheese into four equal portions. On four small pieces of waxed paper or plastic wrap, spread each portion of cream cheese into a 4-inch round. On a plate, invert one cream cheese round; remove the paper or plastic wrap. Spread one of the pesto cubes on cream cheese round. Layer remaining cream cheese rounds and pesto (if cheese is too soft, chill until it can be easily removed from paper). Sprinkle with roasted red pepper strips and additional chopped pistachio nuts. Makes 8 to 10 appetizer servings.

*Pistachio Pesto:* In a food processor bowl combine 2 cups firmly packed fresh basil leaves; 1 cup firmly packed fresh parsley sprigs, stems removed; ½ cup grated Parmesan cheese; ½ cup pistachio nuts; 2 tablespoons fresh mint leaves; 1 clove garlic, quartered; ½ teaspoon salt; and ½ cup olive oil. Cover and process with several on-off turns until a paste forms. Stop machine several times and scrape sides. (Or, for a blender, place half of the ingredients at a time into a blender container. Add 1 to 2 tablespoons of the oil to each batch; cover and blend as above. Return the mixture to blender container.) With machine running, gradually add remaining oil and process to consistency of soft butter. Transfer pesto to an ice-cube tray. Cover and freeze. Pop out cubes into freezer bag. Seal; return to freezer. Thaw and use in Pistachio Pesto Torta or toss with hot pasta. Makes 1⅓ cups.

Clip and save recipes in your BETTER HOMES AND GARDENS® New Cook Book.


see page 166 for details



# $400 winner Turkey Salad Platter

Lauri Knox, Golden, Colo.,
in the Easy Turkey Suppers Category, August 2001

- 1 lb. chopped cooked smoked turkey breast
- 2 stalks celery, sliced ½ inch thick
- ½ cup mayonnaise or salad dressing
- ¼ tsp. cracked black pepper
- 8 cups mixed baby salad greens
- 1 medium orange, cut into wedges
- ½ of a small red onion, thinly sliced and separated into rings (¼ cup)
- ½ cup bottled raspberry vinaigrette
- ½ cup dried cranberries
- ½ cup broken walnuts, toasted

In a medium mixing bowl combine turkey, celery, mayonnaise, and pepper. Cover and chill until serving time, if desired.

To assemble, spoon turkey mixture onto a large serving platter. Place salad greens and orange wedges around the turkey mixture. Top greens with red onion rings. Drizzle raspberry vinaigrette over greens. Top turkey mixture and greens with cranberries and toasted walnuts. Makes 6 servings.

Nutrition facts per serving: 400 cal., 30 g total fat (4 g sat. fat), 39 mg chol., 880 mg sodium, 17 g carbo., 3 g fiber, and 19 g pro. Daily Values: 7% vit. A, 27% vit. C, 4% calcium, and 8% iron.



Prize Tested Recipes®

see page 166 for details

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# $200 winner Triple Turkey-Rice Skillet

Rita Maduell, New Orleans, La.,
in the Easy Turkey Suppers Category, August 2001

- ⅓ cup chopped onion
- ½ of a medium yellow, green, or red sweet pepper, seeded and cut into 1-inch pieces
- 6 slices turkey bacon, chopped
- 1 Tbsp. cooking oil
- 3¼ cups water
- 6 oz. cooked smoked turkey sausage, cut into ½-inch slices
- 1½ cups uncooked regular brown rice
- 2 tsp. bottled hot pepper sauce
- 1 tsp. dried rosemary, crushed
- ½ to 1 tsp. ground black pepper
- ¼ tsp. salt
- 2 cups cubed cooked turkey
- Warm buttered French bread slices (optional)
- Bottled hot pepper sauce (optional)

In a large saucepan cook onion, sweet pepper, and turkey bacon in hot oil until tender. Stir in the water, turkey sausage, rice, the 2 to 3 teaspoons hot sauce, the rosemary, black pepper, and salt. Bring to boiling; reduce heat. Cover and simmer for 45 to 50 minutes or until rice is tender and most of the liquid is absorbed. Stir cubed cooked turkey into rice mixture; heat through. Serve with bread and additional hot sauce, if desired. Makes 5 or 6 servings.

Nutrition facts per serving: 390 cal., 12 g total fat (3 g sat. fat), 69 mg chol., 730 mg sodium, 46 g carbo., 2 g fiber, and 24 g pro. Daily Values: 1% vit. A, 52% vit. C, 4% calcium, and 12% iron.



see page 166 for details

# $200 winner French Toast Sensation

Lynn Boynton, Columbia, Mo.,
in the Fresh Herb Ideas Category, August 2001

- 4 eggs
- ¼ cup dairy sour cream
- 3 Tbsp. snipped fresh dillweed
- 1 Tbsp. Dijon-style mustard
- 6 ¾-inch-thick slices sourdough or French bread
- 1 Tbsp. margarine, butter, or cooking oil
- 6 thin slices cheddar cheese
- 6 thin slices tomato
- 1 to 2 Tbsp. snipped fresh chives
- Salt and pepper (optional)

In a shallow bowl beat together eggs, sour cream, dill, and mustard. Dip bread into egg mixture, allowing bread to soak in egg mixture for about 15 seconds on each side.

In a skillet or on a griddle cook bread in hot margarine over medium heat for 2 to 3 minutes or until bottom is golden brown. Turn slices over. Place a cheese slice on top of bread. Top with a tomato slice; sprinkle with chives. Season with salt and pepper, if desired. Cook for 2 to 3 minutes more or until bottom is golden brown, adding more margarine as needed. Serve warm. Makes 6 slices.

Nutrition facts per slice: 221 cal., 14 g total fat (7 g sat. fat), 165 mg chol., 311 mg sodium, 13 g carbo., 0 g fiber, and 11 g pro. Daily Values: 13% vit. A, 5% vit. C, 17% calcium, and 7% iron.



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# playing it safe

When 6-year-old Sammy slides across home plate to score a victory for his team, the last thing his parents are thinking about is his safety. But maybe they should be. Each year, 12 million child athletes are injured. As many as 70 percent of those injuries could be prevented, according to orthopedic surgeon David Janda, M.D.

In his book *The Awakening of a Surgeon* (2001), Janda says he became worried about sports safety after treating children with broken ankles, knee sprains, and head injuries caused by recreational sports.



**Protect children from unnecessary sports injuries. For one thing, be certain that the softball and baseball fields they use are equipped with breakaway bases.**

"There's a huge misconception that these are just little bumps and bruises that will go away quickly," he says. "In fact, many of these injuries can have long-term ramifications for children."

Janda's book offers tips for making sports safer for kids. First, he says, ask whether the child's coach is one of 1.5 million volunteer coaches certified by the National Youth Sports Coaches Association, which teaches age-appropriate training techniques and CPR.

Parents should attend practices and games as often as possible to observe coaching methods and examine equipment and playing surfaces. They can also demand that:

- Younger baseball players train with lighter baseballs.
- Batting helmets are used at all times in baseball.
- Face shields are attached to all helmets.
- Soccer fields include padded goalposts.
- Shin guards are used at all soccer practices and games.
- A light-mass beach ball is used for soccer heading drills.
- Athletes wear well-fitted and up-to-date equipment.
- Equipment is stored in a safe, out-of-reach place.



## Peppermint eases upset stomach

"Mommy, my tummy hurts."

That's a refrain often heard [by] parents of the 4 million children [who] suffer from irritable bowel syndrome, painful stomach and intestinal disorder for which there is no known cure. A study in the *Journal of Pediatrics* says oil from a common herb may provide comfort from such symptoms as nausea, excessive gas, and abdominal pain.

Peppermint oil relieved the pain associated with irritable bowel syndrome in a small study of 42 children according to researchers from the University of Missouri at Columbia.

Researchers gave half of the children peppermint oil capsules and the other half a placebo. After two weeks, three-fourths of the children taking peppermint oil had less severe symptoms and almost half said they felt "much better." The peppermint oil only reduced pain; it did not eliminate symptoms.

Although the oil was found to be safe, the FDA has not approved it for this use. The study's lead author says children with the syndrome may find some relief from symptoms by drinking peppermint tea. Peppermint candy may contain more sugar than oil, he says, and probably would not relieve pain.

Peppermint tea taken at the first sign of a cold can alleviate symptoms such as cough and fever

continued on page



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 continued from page 172



## Floss away your financial worries

The bills are piling up and the kids want more allowance. Before pulling out your hair, you'd better brush your teeth.

Stressing out over finances may double your chances of getting gum disease, according to a study in the *Journal of Periodontology*. Gum disease is a risk factor for heart disease.

The study included more than 1,400 people between the ages of 25 and 74. Researchers gave participants psychological tests to identify the causes of stress and measure their ability to cope with it. After accounting for risk factors such as smoking, poor dental care, and diabetes, researchers found that people who had financial stress and poor coping abilities had more signs of gum disease than those with low levels of financial strain. People who dealt with financial strain in a practical way had no more risk of severe gum disease than those without money problems.

Researchers think people with poor coping skills may experience altered dental habits during financial stress, such as reduced oral hygiene, teeth grinding, and a weakening of the body's ability to fight infection.

So, the next time a huge electric bill gets you stressed, try flossing your teeth instead of grinding them.

## Just what the patient ordered

If hospital food leaves a bad taste in your mouth, try ordering in. More than 100 hospitals in the United States have replaced traditional meal plans with the Sodexho Marriott "At Your Request" room service program.

Patients can order breakfast, lunch, dinner, or snacks from a restaurant-style menu at anytime during operating hours, typically 7 a.m. to 7 p.m. Traditional hospital programs require placing an order 24 hours before a meal. Sodexho's plan includes provisions that prevent patients from getting food the doctor has banned.

Hospitals pay for in-room dining; however, patients can buy additional meals and drinks for family members who want to dine in a patient's room.

A typical meal might include an appetizer of stuffed mushrooms followed by soup or salad and one of more than a dozen entrées, such as broiled sirloin steak or stir-fry tofu. Don't skip the dessert tray, which includes such goodies as peach shortcake and blueberry pie.

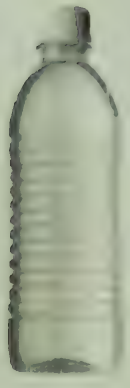



Zap varicose veins in just half an hour? A new laser treatment could make that drea a reality. A Cornell University radiologist has used his EndoVenous Laser Treatme on 100 patients, and after six months only one had a recurrence of the problem. Tir will tell how the long-term effects of the laser procedure stack up against surgery, more common treatment for varicose veins. Surgery requires up to two weeks recovery and fails about 10 percent of the time. The new laser procedure costs abo $2,000. Nearly one-quarter of all women have painful and unsightly varicose vei

continued on page 1



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## Danger: Beware of falling TVs

Americans have an average of 2.5 TV sets per household. Before turning on and tuning in, make sure your TV stand is childproof.

Televisions can weigh as much as 90 pounds, which is more than the weights of most young children. The Consumer Product Safety Commission estimates that 7,000 children a year are treated at emergency rooms for injuries associated with tipping televisions and furniture. Keep your child safe by following this advice from the Consumer Electronics Association.

- Carefully read and understand the TV manufacturer's instructions.
- Keep your television on a secure stand designed for that set size.
- Never put a television on furniture meant for other uses, such as up on your stereo speakers or perched on a dresser.
- Don't place items, such as a VCR, on top of the television where children may try to reach them out of curiosity.
- Don't allow children to climb on or play near your television.
- Use angle-braces, straps, or anchors in wall mounts to secure your stand to wall studs (never screw anything directly into the television).

## Hysterectomy

### By the numbers

Hysterectomy, or removal of uterus, is the second most comm surgery performed on women a cesarean section. Risks include bl loss, infection, allergic reacti damage to the intestine or blad blood clots in the legs or lungs, very rarely death.

**600,000** hysterectom are performed each year.

**20%** of women are affected b menorrhagia (excessive menstrual bleeding).

**65%** of women are unawar alternatives to hysterectomy.

**82%** of patients accept their doctor's recommendation for a hysterectomy.

**30%** who had hysterectom didn't discuss alternatives.

Alternatives to hysterectomy menorrhagia include hormone tre ment and "endometrial ablation," outpatient procedure that uses elect ity or a balloon filled with hot wate burn away the uterus' lining.

Source: Society for Women's Health Rese

### BHG BOOKMARK

Pesky ants and mosquitoes aren't only enemies at a summer cook You must also avoid food poisoni Before your next backyard barbec browse through these Web sites information about food safety.

- International Food Information Council Foundation
  www.ific.org/food
- Home Food Safety
  www.homefoodsafety.org
- Gateway to Government Food Safety Information
  www.foodsafety.gov

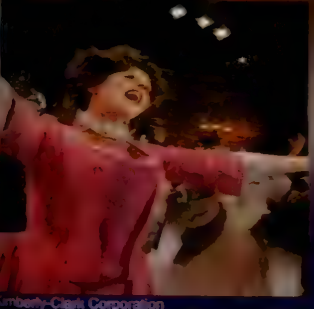



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# juicy goodness

by Kathryn Scherb,
Registered Dietitian

**Go ahead:** Put the squeeze on fruit. Drinking fruit juice is an easy way to sneak vitamins and minerals into your body. Health experts agree that increasing your intake of fruits and vegetables cuts the risk of stroke, cancer, and heart disease. Yet many people don't eat recommended amounts.

Boosting your daily intake to at least five servings of fruits and vegetables may reduce your cancer risk by 20 percent, says Melanie Polk, registered dietitian, and spokesperson for the American Institute for Cancer Research (AICR). "It would be great if you could eat 10 servings of fruits and vegetables. The more the better," Polk says.

### Getting juiced

Juice typically lacks the fiber of whole fruit, but drinking your fruit is better than going without. Polk recommends blending your own juice by combining whole fruits, such as berries and melons, with orange juice. A citrus juicer does the trick for juicing oranges, grapefruits, lemons, and limes. To go beyond citrus, consider a juice extractor. A whirling disk chops food into tiny pieces, which are then spun rapidly to separate juice from pulp. It works well on fruit and vegetables, including apples and carrots.

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**Cranberry-Raspberry Freeze**
**Prep:** 5 minutes **Chill:** 1 hour

- 2 cups fresh raspberries or one 12-oz. pkg. frozen raspberries, thawed
- ½ cup boiling water
- 1½ cups cranberry juice, chilled
- 1 cup ice cubes
- 1 12-oz. can lemon-lime flavored carbonated beverage, chilled
- Fresh raspberries (optional)
- Lemon slices (optional)

1. Put 2 cups raspberries in fine-mesh strainer placed over large glass measure or pitcher. Pour boiling water over raspberries. With back of spoon, press berries to release juice. Discard berry pulp; reserve juice (should have about 1 cup). Chill.

2. In a blender container combine cranberry juice and reserved raspberry juice. With blender running, add ice through opening in lid. Blend until slushy.

3. Transfer juice to a pitcher. Slowly pour in carbonated beverage; stir. Serve over ice. Add fresh raspberries and a lemon slice. Makes 5 to 6 servings.

Nutrition facts per serving: 97 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 11 mg sodium, 24 g carbo., 3 g fiber, 0 g pro. Daily Values: 1% vit. A, 65% vit. C, 2% calcium, 3% iron.


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**Promoters in your pantry**

**Cranberry juice**—Drinking 10 ounces of cranberry juice each day reduces the chance of getting a urinary tract infection, according to a study published in the *Journal of the American Medical Association.* New lab studies indicate cranberry components—flavonoids—may be useful in battling cancer and gum disease.

**Orange juice**—One 8-ounce glass of OJ provides 25 percent of the recommended daily level of folic acid, which women need to prevent certain birth defects. That same amount of juice supplies 100 percent of the recommended daily amount for vitamin C. Some fortified juices boost vitamin C levels even more. Others contain calcium.

**Grape juice**—Beverages from red grapes contain resveratrol, a cancer-fighting substance that seems to work as an anti-inflammatory agent and may also keep early cancer cells from growing. Like red wine, grape juice has some heart-protecting benefits.

**A look at the label**

The word "juice" on a label may not mean 100 percent fruit juice.

- Check the ingredient list. The terms "beverage," "cocktail," "drink," and "punch" indicate a beverage is not 100 percent fruit juice.
- Choose citrus juices frequently. They are important sources of vitamin C, folic acid, potassium, and, if fortified, calcium. ⌂

To order a juicer, see page 156

**Herbed Pineapple Refresher**
**Start to Finish:** 15 minutes

- 1 4-inch piece fresh peeled ginger, finely chopped
- 3 cups pineapple juice, chilled
- 1 cup orange juice, chilled
- 3 Tbsp. lime juice
- ¼ cup finely chopped cilantro leaves

Fresh cilantro sprigs

1. Place ginger, a little at time, in a garlic press to extrac juice; reserve juice (should hav about 1½ teaspoons juice).

2. In a blender container o food processor bowl combin ginger juice, pineapple juice orange juice, lime juice, an cilantro. Cover and blend o process until nearly smooth Garnish with fresh cilantr sprig. Serve immediately. Make 6 servings.

Nutrition facts per serving 98 cal., 0 g total fat (0 g sat. fat) 0 mg chol., 5 mg sodium, 24 carbo., 1 g fiber, 1 g pro. Dail Values: 3% vit. A, 63% vit. C 3% calcium, 3% iron.






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# the real face of diabete



by Anita Sm

**The future is brighter** every day for people with diabetes. Researchers are learning more about this disease and developing innovative treatments that make it easier to manage. Yet more Americans than ever—a diverse group of 16 million—have diabetes. And the number continues to grow.

### A preventable epidemic

Diabetes has risen at a startling rate: 30 percent in the past decade. More than 90 percent of people who have diabetes are classified as type 2 (see chart, *page 184*), which until several years ago mostly occurred in overweight adults older than 45. Today, however, the disease does not discriminate. Women and men in all races and ethnic groups, along with children and adolescents, are developing type 2 diabetes.

The epidemic of type 2 diabetes seems linked to a major risk factor: obesity, or being overweight by about 30 or more pounds. The rate of obesity in the United States has increased by 57 percent since 1991. Simply put, Americans sit too much and eat too many fatty foods. They pay a heavy price: spiraling health-care costs and, for those with diabetes, a lifetime of potential complications, including blindness, kidney failure , heart attack, and stroke.

The statistics seem grim. But they are reversible. Type 2 diabetes is preventable, and certainly treatable, especially when you exercise and stick to a low-fat diet.

Some diabetes risk factors, such as heredity, cannot be controlled, says David S.H. Bell, M.D., of the University of Alabama at Birmingham. These factors include having a close relative with diabetes, such as a father, mother, sister, or brother; or being of African-American, Latino, Native American, or Asian descent. Or, you might have high blood pressure, "good"

continued on page 184

More than **one-third** of all people with diabetes **don't know** they have it.



# Biotechnology researchers call it "golden" rice.

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***"When mothers and their children eat an adequate amount of vitamin A in a daily meal, it could help alleviate more suffering and illness than any single medicine has done."***

The excitement expressed by plant biologist Charles Arntzen reflects the golden opportunity that many see in a new strain of rice being developed with biotechnology. "Golden" rice contains increased amounts of beta-carotene, a source of vitamin A. Because rice is a crop eaten by almost half the world, golden rice could help relieve a global vitamin A deficiency that now causes blindness and infection in millions of the world's children.

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(HDL) cholesterol that is too low (less than 40 mg/dl), or triglycerides (another type of fat in the blood) that are high (more than 259 mg/dl).

### Special concerns for women

About 8.1 million women and about 7.5 million men have diabetes. There's a higher incidence of type 2 diabetes in women than in men probably because females tend to be more overweight, says Bell.

Women are vulnerable to other risk factors, such as having given birth to a large baby. "By that, I mean a baby weighing more than 10 pounds," says Bell.

Some women develop gestational diabetes, which occurs in 2 to 5 percent of all pregnancies. However, it disappears when a pregnancy is over. A registered dietitian, working with the doctor, can plan a diet that provides the baby with adequate nutrition while omitting foods that increase blood sugar levels in the mother. Women with gestational diabetes may avoid insulin injections if they do not eat certain foods, such as table sugar, honey, brown sugar, corn syrup, maple syrup, molasses, soft drinks, fruit drinks, fruit packed in syrup, cake, cookies, ice cream, candy, jams, and doughnuts. It is also recommended that fruit juices be limited to 6 ounces and taken with meals.

About one-third of women with gestational diabetes will develop type 2 later on, says Bell. Many of these women can prevent this from happening if they keep their weight down—after pregnancy—by following a diet low in fat and calories, and exercising.

If you are a diabetic woman who wants to bear children, seek expert medical advice before getting pregnant. "Generally, it's better for pregnancy to occur when you're younger and in the early, controlled stages of diabetes," says Bell. "However, you'll need high-risk pregnancy management, which might include an endocrinologist working with your obstetrician."

Women with diabetes, especially type 2, are at risk for heart problems. "Women who are not diabetic typically do not get heart disease until they're in their 60s," says Bell. "However, with diabetic women, this can occur a lot earlier." That's why it's essential that their doctors apply what Bell calls the Big Three: (1) Treat the blood sugar problems associated with diabetes; (2) treat lipids—the cholesterol and triglycerides; and (3) keep blood pressure under control.

### Crisis: children and type 2 diabetes

Traditionally, pediatricians h[ad] treated type 1 diabetes in childr[en], not type 2. Type 1 diabetes has b[een] called "juvenile diabetes" and typ[e] "adult-onset diabetes." But th[e] lines are blurring because of [an] increase of type 2 diabetes in childr[en] and adolescents. This crisis is [an] indictment of our lifestyle—[too] much junk food and television a[nd] too little exercise, says James [S.] Gavin III, M.D., of the How[ard] Hughes Medical Institute in Ch[ic]

continued on page 18[6]

## The Basics of Diabetes

The technical term for diabetes is diabetes mellitus, which is characte[r]ized by the body's problems with insulin, a hormone produced in the pa[n]creas. Insulin plays a vital role in metabolism—in helping glucose (suga[r]) to move out of the blood into cells, which use the glucose for fuel. In t[he] 1 and type 2 diabetes, there's a need to control glucose levels in the bloo[d]

### TYPE 1

About 10 percent of all people with diabetes have type 1, or juvenile diabetes, in which the insulin-producing beta cells in the pancreas have been destroyed. Most people with type 1 diabetes develop it before age 30.

#### Symptoms

May include high levels of blood sugar, high levels of sugar in the urine, frequent urination, extreme hunger, extreme thirst, extreme weight loss, weakness and fatigue, moodiness and irritability, or nausea and vomiting.

#### Treatment

Insulin is received via injections or insulin pumps.

#### Complications

Kidney disease; eye damage; heart problems; compromised nerve function in the arms, hands, legs, and feet that can set the stage for ulcers and amputations; coma and death.

### TYPE 2

About 90 percent of all people wi[th] diabetes have type 2. The pancre[as] may be producing insulin; howeve[r] there are insulin-resistance pro[b]lems in the body that interfere wi[th] insulin's ability to do its job.

#### Symptoms

May include increased thirst; fr[e]quent urination; increased appeti[te] accompanied by weight loss; edg[i]ness; fatigue; nausea; repeate[d] hard-to-heal infections; tingling [or] numbness in the hands or fe[et]; high levels of sugar in the urine; [or] dry, itchy skin.

#### Treatment

Ten percent of type 2 patients re[ly] on diet and exercise to manag[e] their disease. Fifty percent a[re] treated with oral medication[s]; 30 percent with a combination [of] insulin and oral medications; an[d] 10 percent with insulin alone.

#### Complications

Same as type 1.

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**BRIEF SUMMARY** Before prescribing NEXIUM, please see full Prescribing Information **INDICATIONS AND USAGE** NEXIUM is indicated for the short-term treatment (4 to 8 weeks) in the healing and symptomatic resolution of documented erosive esophagitis **CONTRAINDICATIONS** NEXIUM is contraindicated in patients with known hypersensitivity to any component of the formulation or to substituted benzimidazoles **PRECAUTIONS** Symptomatic response to therapy with NEXIUM does not preclude the presence of gastric malignancy. Atrophic gastritis has been noted occasionally in gastric corpus biopsies from patients treated long-term with omeprazole, of which NEXIUM is an enantiomer **Information for Patients:** NEXIUM Delayed-Release Capsules should be taken at least one hour before meals. For patients who have difficulty swallowing solutions, one tablespoon of applesauce can be added to an empty bowl and the capsule opened, and the pellets carefully emptied onto the applesauce. The pellets should be mixed with the applesauce and then swallowed immediately. The applesauce used should not be hot and should be soft enough to be swallowed without chewing. The pellets should not be chewed or crushed. The pellet applesauce mixture should not be stored for future use. Antacids may be used while taking NEXIUM **DRUG INTERACTIONS** Esomeprazole is extensively metabolized in the liver by CYP2C19 and CYP3A4 *In vitro* and *in vivo* studies have shown that esomeprazole is not likely to inhibit CYPs 1A2, 2A6, 2C9, 2D6, 2E1 and 3A4. No clinically relevant interactions with drugs metabolized by these CYP enzymes would be expected. Drug interaction studies have shown that esomeprazole does not have any clinically significant interactions with phenytoin, warfarin, quinidine, clarithromycin or amoxicillin. Esomeprazole may potentially interfere with CYP2C19, the major esomeprazole-metabolizing enzyme. Coadministration of esomeprazole 30 mg and diazepam, a CYP2C19 substrate, resulted in a 45% decrease in clearance of diazepam. Increased plasma levels of diazepam were observed 12 hours after dosing and onwards. However, at that time the plasma levels of diazepam were below the therapeutic interval, and thus this interaction is unlikely to be of clinical relevance. Coadministration of oral contraceptives, diazepam, phenytoin, or quinidine did not seem to change the pharmacokinetic profile of esomeprazole. Esomeprazole inhibits gastric acid secretion; therefore, it is theoretically possible that esomeprazole and omeprazole may interfere with absorption of drugs where gastric pH is an important determinant of their bioavailability (eg, ketoconazole, ampicillin esters, digoxin, and iron salts). **Carcinogenesis, Mutagenesis, Impairment of Fertility:** The carcinogenic potential of esomeprazole was assessed using omeprazole studies. In two 24-month carcinogenicity studies in rats, omeprazole at daily doses of 1.7, 3.4, 13.8, 44.0 and 140.8 mg/kg/day (about 0.7 to 57 times the human dose of 20 mg/day expressed on a body surface area basis) produced gastric $EC_L$ cell carcinoids in a dose-related manner in both male and female rats; the incidence of this effect was markedly higher in female rats, which had higher blood levels of omeprazole. Gastric carcinoids seldom occur in the untreated rat. In addition, ECL cell hyperplasia was present in all treated groups of both sexes. In one of these studies, female rats were treated with 13.8 mg omeprazole/kg/day (about 5.6 times the human dose on a body surface area basis) for 1 year, then followed for an additional year without the drug. No carcinoids were seen in these rats. An increased incidence of treatment-related ECL cell hyperplasia was observed at the end of 1 year (94% treated vs 10% controls). By the second year the difference between treated and control rats was much smaller (46% vs 26%), but still showed more hyperplasia in the treated group. Gastric adenocarcinoma was seen in one rat (2%). No similar tumor was seen in male or female rats treated for 2 years. For this strain of rat no similar tumor has been noted historically, but a finding involving only one tumor is difficult to interpret. A 78-week mouse carcinogenicity study of omeprazole did not show increased tumor occurrence, but the study was not conclusive. Esomeprazole was negative in the Ames mutation test, in the *in vivo* rat bone marrow cell chromosome aberration test, and the *in vivo* mouse micronucleus test. Esomeprazole, however, was positive in the *in vitro* human lymphocyte chromosome aberration test. Omeprazole was positive in the *in vitro* human lymphocyte chromosome aberration test, the *in vivo* mouse bone marrow cell chromosome aberration test, and the *in vivo* mouse micronucleus test. The potential effects of esomeprazole on fertility and reproductive performance were assessed using omeprazole studies. Omeprazole at oral doses up to 138 mg/kg/day in rats (about 56 times the human dose on a body surface area basis) was found to have no effect on reproductive performance of parental animals. **Pregnancy:** *Teratogenic Effects Pregnancy Category B* - Teratology studies have been performed in rats at oral doses up to 280 mg/kg/day (about 57 times the human dose on a body surface area basis) and in rabbits at oral doses up to 86 mg/kg/day (about 35 times the human dose on a body surface area basis) and have revealed no evidence of impaired fertility or harm to the fetus due to esomeprazole. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, this drug should be used during pregnancy only if clearly needed. Teratology studies conducted with omeprazole in rats at oral doses up to 138 mg/kg/day (about 56 times the human dose on a body surface area basis) and in rabbits at doses up to 69 mg/kg/day (about 56 times the human dose on a body surface area basis) did not disclose any evidence for a teratogenic potential of omeprazole. In rabbits, omeprazole in a dose range of 6.9 to 69.1 mg/kg/day (about 5.5 to 56 times the human dose on a body surface area basis) produced dose-related increases in embryo-lethality, fetal resorptions, and pregnancy disruptions. In rats, dose-related embryo/fetal toxicity and postnatal developmental toxicity were observed in offspring resulting from parents treated with omeprazole at 13.8 to 138.0 mg/kg/day (about 5.6 to 56 times the human doses on a body surface area basis). There are no adequate and well-controlled studies in pregnant women. Sporadic reports have been received of congenital abnormalities occurring in infants born to women who have received omeprazole during pregnancy. **Nursing Mothers:** The excretion of esomeprazole in milk has not been studied. However, omeprazole concentrations have been measured in breast milk of a woman following oral administration of 20 mg. Because esomeprazole and omeprazole are likely to be excreted in human milk, and because of the potential for serious adverse reactions in nursing infants from esomeprazole and because of the potential for tumorigenicity shown for omeprazole in rat carcinogenicity studies, a decision should be made to discontinue the drug, taking into account the importance of the drug to the mother. **Pediatric Use:** Safety and effectiveness in pediatric patients have not been established. **Geriatric Use:** Of the total number of patients who received NEXIUM in clinical trials, 778 were 65 to 74 years of age and 124 patients were ≥ 75 years of age. No overall differences in safety and efficacy were observed between the elderly and younger individuals, and other reported clinical experience has not identified differences in responses between the elderly and younger patients, but greater sensitivity of some older individuals cannot be ruled out. **ADVERSE REACTIONS** The safety of NEXIUM was evaluated in over 10,000 patients (aged 18-84 years) in clinical trials worldwide including over 7,400 patients in the United States and over 2,600 patients in Europe and Canada. Over 2,900 patients were treated in long-term studies for up to 6-12 months. In general, NEXIUM was well tolerated in both short- and long-term clinical trials. The safety in the treatment of healing of erosive esophagitis was assessed in four randomized comparative clinical trials, which included 1,240 patients on NEXIUM 20 mg, 2,434 patients on NEXIUM 40 mg, and 3,008 patients on omeprazole 20 mg daily. The most frequently occurring adverse events (≥1%) in all three groups was headache (5.5, 5.0, and 3.8, respectively) and diarrhea (no difference among the three groups). Nausea, flatulence, abdominal pain, constipation, and dry mouth occurred at similar rates among patients taking NEXIUM or omeprazole. Additional adverse events that were reported as possibly or probably related to NEXIUM with an incidence < 1% are listed below by body system: ***Body as a Whole***: abdomen enlarged, allergic reaction, asthenia, back pain, chest pain, chest pain substernal, facial edema, peripheral edema, hot flushes, fatigue, fever, flu-like disorder, generalized edema, leg edema, malaise, pain, rigors. ***Cardiovascular***: flushing, hypertension, tachycardia. ***Endocrine***: goiter. ***Gastrointestinal***: bowel irregularity, constipation aggravated, dyspepsia, dysphagia, dysplasia GI, epigastric pain, eructation, esophageal disorder, frequent stools, gastroenteritis, GI hemorrhage, GI symptoms NOS, hiccup, melena, mouth disorder, pharynx disorder, rectal disorder, serum gastrin increased, tongue disorder, tongue edema, ulcerative stomatitis, vomiting. ***Hearing***: earache, tinnitus. ***Hematologic***: anemia, anemia hypochromic, cervical lymphoadenopathy, epistaxis, leukocytosis, leukopenia, thrombocytopenia. ***Hepatic***: bilirubinemia, hepatic function abnormal, SGOT increased, SGPT increased. ***Metabolic/Nutritional***: glycosuria, hyperuricemia, hyponatremia, increased alkaline phosphatase, thirst, vitamin B12 deficiency, weight increase, weight decrease. ***Musculoskeletal***: arthralgia, arthritis aggravated, arthropathy, cramps, fibromyalgia syndrome, hernia, polymyalgia rheumatica. ***Nervous System/Psychiatric***: anorexia, apathy, appetite increased, confusion, depression aggravated, dizziness, hypertonia, nervousness, hypoesthesia, impotence, insomnia, migraine, migraine aggravated, paresthesia, sleep disorder, somnolence, tremor, vertigo, visual field defect. ***Reproductive***: dysmenorrhea, menstrual disorder, vaginitis. ***Respiratory***: asthma aggravated, coughing, dyspnea, larynx edema, pharyngitis, rhinitis, sinusitis. ***Skin and Appendages***: acne, angioedema, dermatitis, pruritus, pruritus ani, rash, rash erythematous, rash maculo-papular, skin inflammation, sweating increased, urticaria. ***Special Senses***: otitis media, parosmia, taste loss, taste perversion. ***Urogenital***: abnormal urine, albuminuria, cystitis, dysuria, fungal infection, hematuria, micturition frequency, moniliasis, genital moniliasis, polyuria. ***Visual***: conjunctivitis, vision abnormal. Endoscopic findings that were reported as adverse events include: duodenitis, esophagitis, esophageal stricture, esophageal ulceration, esophageal varices, gastric ulcer, gastritis, hernia, benign polyps or nodules, Barrett's esophagus, and mucosal discoloration. Other adverse events observed with NEXIUM but occurring with omeprazole can be found in the omeprazole package insert. **OVERDOSAGE** Administration of esomeprazole at 510 mg/kg (about 103 times the human dose on a body surface area basis) was lethal to rats. The toxic signs of acute toxicity were reduced motor activity, changes in respiratory frequency, tremor, ataxia, and intermittent clonic convulsions. There have been no reports of overdose with esomeprazole. Reports have been received of overdosage with omeprazole in humans. Doses ranged up to 2,400 mg (120 times the usual recommended clinical dose). Manifestations were variable, but included confusion, drowsiness, blurred vision, tachycardia, nausea, diaphoresis, flushing, headache, dry mouth, and other adverse reactions similar to those seen in normal clinical experience (see omeprazole package insert). **ADVERSE REACTIONS**). No specific antidote for esomeprazole is known. Since esomeprazole is extensively protein bound, it is not expected to be removed by dialysis. In the event of overdosage, treatment should be symptomatic and supportive. As with the management of any overdose, the treatment of multiple drug ingestion should be considered. For current information on treatment of any drug overdose, a certified Regional Poison Control Center should be contacted. Telephone numbers are listed in the Physicians' Desk Reference (PDR) or local telephone book.

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# Prilosec® *(omeprazole)*
## 20-MG Delayed-Release Capsules

**BRIEF SUMMARY** Before prescribing PRILOSEC, please see full Prescribing Information. **INDICATIONS AND USAGE** *Erosive Esophagitis* PRILOSEC Delayed-Release Capsules are indicated for the short-term treatment (4-8 weeks) in the healing and symptomatic resolution of documented erosive esophagitis, which has been diagnosed by endoscopy. **CONTRAINDICATIONS** **Omeprazole** PRILOSEC Delayed-Release Capsules are contraindicated in patients with known hypersensitivity to any component of the formulation. **PRECAUTIONS** Symptomatic response to therapy with omeprazole does not preclude the presence of gastric malignancy. Atrophic gastritis has been noted occasionally in gastric corpus biopsies from patients treated long-term with omeprazole. **Information for Patients:** PRILOSEC Delayed-Release Capsules should be taken before eating and should not be opened, chewed or crushed; should be swallowed whole. **DRUG INTERACTIONS** *Other* Omeprazole can prolong the elimination of diazepam, phenytoin, drugs that are metabolized by oxidation in the liver. Although in normal subjects no interaction with theophylline or propranolol was found, there have been clinical reports of interaction with other drugs metabolized via the cytochrome P450 system (eg, cyclosporine, disulfiram and benzodiazepines). Patients should be monitored to determine if it is necessary to adjust the dosage of these drugs when taken concomitantly with PRILOSEC. Omeprazole inhibits gastric acid secretion; therefore, it is theoretically possible that omeprazole may interfere with absorption of drugs where gastric pH is an important determinant of their bioavailability (eg, ketoconazole, ampicillin esters, digoxin, and iron salts). In clinical trials, antacids were used concomitantly with the administration of PRILOSEC. **Carcinogenesis, Mutagenesis, Impairment of Fertility:** In two 24-month carcinogenicity studies in rats, omeprazole at daily doses of 1.7, 3.4, 13.8, 44.0 and 140.8 mg/kg/day (approximately 4 to 352 times the human dose on a patient weight of 50 kg and a human dose of 20 mg) produced gastric $EC_L$ cell carcinoids in a dose-related manner in both male and female rats; the incidence of this effect was markedly higher in female rats, which had higher blood levels of omeprazole. Gastric carcinoids seldom occur in the untreated rat. In addition, ECL cell hyperplasia was present in all treated groups of both sexes. In one of these studies, female rats were treated with 13.8 mg omeprazole/kg/day (approximately 35 times the human dose) for 1 year, then followed for an additional year without the drug. No carcinoids were seen in these rats. An increased incidence of treatment-related ECL cell hyperplasia was observed at the end of 1 year (94% treated vs 10% controls). By the second year the difference between treated and control rats was much smaller (46% vs 26%), but still showed more hyperplasia in the treated group. A primary malignant tumor in the stomach was seen in one rat (2%). No similar tumor was seen in male or female rats treated for two years. For this strain of rat no similar tumor has been noted historically, but a finding involving only one tumor is difficult to interpret. A 78-week mouse carcinogenicity study of omeprazole did not show increased tumor occurrence, but the study was not conclusive. Omeprazole was not mutagenic in an *in vitro* Ames *Salmonella typhimurium* test, but was positive in an *in vitro* mouse lymphoma cell assay and an *in vivo* rat liver DNA damage assay. A mouse micronucleus test at 625 and 1250 mg/kg/day, the human dose gave a borderline result, as did an *in vivo* bone marrow chromosome aberration test. A second mouse micronucleus test at 2000 mg/kg/day, the human dose, but with different (suboptimal) sampling times, was negative. In a rat fertility and general reproductive performance test, omeprazole in a dose range of 13.8 to 138.0 mg/kg/day (approximately 35 to 345 times the human dose) was not toxic or deleterious to the reproductive performance of parental animals. **Pregnancy:** *Category C* - Teratology studies conducted in pregnant rats at doses up to 138 mg/kg/day (approximately 345 times the human dose) and in pregnant rabbits at doses up to 69 mg/kg/day (approximately 172 times the human dose) did not disclose any evidence for a teratogenic potential of omeprazole. In rabbits, omeprazole in a dose range of 6.9 to 69.1 mg/kg/day (approximately 17 to 172 times the human dose) produced dose-related increases in embryo-lethality, fetal resorptions and pregnancy disruptions. In rats, dose-related embryo/fetal toxicity and postnatal developmental toxicity were observed in offspring resulting from parents treated with omeprazole at 13.8.0 mg/kg/day (approximately 35 to 345 times the human dose). There are no adequate or well-controlled studies in pregnant women. Sporadic reports have been received of congenital abnormalities occurring in infants born to women who have received omeprazole during pregnancy. Omeprazole should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. **Nursing Mothers:** It is not known whether omeprazole is excreted in human milk. In rats, omeprazole administered during late gestation and lactation at doses of 13.8 to 138 mg/kg/day (35 to 345 times the human dose) resulted in decreased pup weight gain in pups. Because many drugs are excreted in human milk, because of the potential for serious adverse reactions in nursing infants from omeprazole, and because of the potential for tumorigenicity shown for omeprazole in rat carcinogenicity studies, a decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the mother. **Pediatric Use:** Safety and effectiveness in pediatric patients have not been established. **Geriatric Use:** No overall differences in safety and efficacy were observed between the elderly and younger individuals, and other reported clinical experience has not identified differences in responses between the elderly and younger patients, but greater sensitivity of some older individuals cannot be ruled out. **ADVERSE REACTIONS** In the U.S. clinical trial population of 465 patients (including duodenal ulcer, Zollinger-Ellison syndrome and resistant ulcer patients), the following adverse experiences were reported to occur in 1% or more of patients on therapy with PRILOSEC. Numbers in parentheses indicate percentages of the adverse experiences considered by investigators as possibly, probably or definitely related to the drug.

| | Omeprazole (n=465) | Placebo (n=64) | Ranitidine (n= |
|---|---|---|---|
| Headache | 6.9 (2.4) | 6.3 | 7.7 (2.3) |
| Diarrhea | 3.0 (1.9) | 3.1 (1.6) | 2.1 (0.5) |
| Abdominal Pain | 2.4 (0.4) | 3.1 | 2.1 |
| Nausea | 2.2 (0.9) | 3.1 | 4.1 (0.9) |
| URI | 1.9 | 1.6 | 2.6 |
| Dizziness | 1.5 (0.6) | 0.0 | 2.6 (1.3) |
| Vomiting | 1.5 (0.4) | 4.7 | 1.5 (0.5) |
| Rash | 1.5 (1.1) | 0.0 | 0.0 |
| Constipation | 1.1 (0.9) | 0.0 | 0.0 |
| Cough | 1.1 | 0.0 | 1.5 |
| Asthenia | 1.1 (0.2) | 1.6 (1.6) | 1.5 (1.3) |
| Back Pain | 1.1 | 0.0 | 0.5 |

The following adverse reactions which occurred in 1% or more of omeprazole-treated patients have been reported in double-blind and open-label clinical trials in which 2,631 patients and subjects received omeprazole and 120 patients received placebo. A causal relationship was not assessed. The percentages are given omeprazole then placebo respectively. *Body as a whole-site unspecified* Abdominal Pain 5.2% and 3.3%, Asthenia 1.3% and 0.8%. *Digestive System* Constipation 1.5 and 0.8%, Diarrhea 3.7 and 2.5, Flatulence 2.7 and 5.8, Nausea 4.0 and 6.7, Vomiting 3.2 and 10.0. Acid regurgitation 1.9 and 0.8%. *Nervous System/Psychiatric* Headache 2.9 and 2.5. Additional adverse experiences occurring in < 1% of patients or subjects in controlled and/or international trials, or occurring since the drug was marketed, are shown below within each body system. In many cases, the relationship to PRILOSEC was unclear. *Body As a Whole* Allergic reactions, including rarely, anaphylaxis (see also *Skin*), fever, pain, fatigue, malaise, abdominal swelling. *Cardiovascular* Chest pain or angina, tachycardia, bradycardia, palpitations, blood pressure, peripheral edema. *Gastrointestinal* Pancreatitis (some fatal), anorexia, irritable colon, flatulence, fecal impaction, esophageal candidiasis, mucosal atrophy of the tongue, dry mouth. During treatment with omeprazole, gastric fundic gland polyps have been noted rarely. These polyps are benign and appear to be reversible when treatment is discontinued. Gastrointestinal carcinoids have been reported in patients with ZE syndrome on long-term treatment with PRILOSEC. This finding is believed to be a manifestation of the underlying condition which is known to be associated with such tumors. *Hepatic* Mild and, rarely, marked elevations of liver function tests (ALT (SGPT), AST (SGOT), γ-glutamyl transpeptidase, alkaline phosphatase, and bilirubin (jaundice) have been instances, overt liver disease has occurred, including hepatocellular, cholestatic or mixed hepatitis, liver necrosis, and hepatic failure (some fatal), and hepatic encephalopathy. *Metabolic/Nutritional* Hyponatremia, hypoglycemia. *Musculoskeletal* Muscle cramps, myalgia, muscle weakness, joint pain, leg pain. *Nervous System/Psychiatric* Psychiatric disorders including depression, aggression, hallucinations, confusion, insomnia, nervousness, tremors, apathy, somnolence, hostility, abnormalities, vertigo, paresthesia, hemifacial dysesthesia. *Respiratory* Epistaxis, pharyngeal pain. *Skin* Rash and/or dermatitis, severe generalized skin reactions including toxic epidermal necrolysis (TEN, some fatal), Stevens-Johnson syndrome (some severe), multiforme (some severe), purpura and/or petechiae (some with rechallenge), skin inflammation, urticaria, angioedema, alopecia, dry skin, hyperhidrosis. *Special Senses* Tinnitus, taste perversion. *Urogenital* Interstitial nephritis (some with rechallenge), urinary tract infection, microscopic pyuria, urinary frequency, elevated serum creatinine, proteinuria, hematuria, gynecomastia, testicular pain, gynecomastia. *Hematologic* Rare instances of pancytopenia, agranulocytosis (some fatal), thrombocytopenia, neutropenia, anemia, leucocytosis and hemolytic anemia have been reported.

**OVERDOSAGE** Rare reports have been received of overdosage with omeprazole. Doses ranged from 320 mg to 2,400 mg (16-45 times the usual recommended clinical dose). Manifestations were variable, but included confusion, drowsiness, blurred vision, tachycardia, nausea, diaphoresis, flushing, headache, and dry mouth. Symptoms were transient, and no serious outcome has been reported. No specific antidote for omeprazole overdosage is known. Omeprazole is extensively protein bound and is, therefore, not readily dialyzable. In the event of overdosage, treatment should be symptomatic and supportive.

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**NOTE: This summary provides important information about NEXIUM and PRILOSEC. If you would like more information, ask your doctor or pharmacist to let you read the professional labeling and then discuss it with him or her.**

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## The Real Face of Diabetes continued from page 184

Chase, Maryland, and a former president of the American Diabetes Association.

Parents can fight this epidemic by exercising with their children and minimizing fast-food junkets. Stock the fridge with fruits and vegetables, and put beans, grains, cereals, low-fat dairy foods, lean meats, chicken, and fish on the family menu.



If your children have diabetes, ensure they get cholesterol and other blood fat tests, a yearly dilated eye exam, a foot exam to check circulation and nerves, a urine test to check kidney function, and regular dental checkups. They need to have their blood pressure checked regularly; if elevated, it should be treated.

All patients with diabetes must measure blood glucose with finger-stick tests—on a daily basis or even hour by hour—so they know how food, exercise, and medication affect their blood sugar. But the days of numerous pricks and sore fingers may end soon, thanks to new testers. The Food and Drug Administration has approved a meter resembling a wristwatch that uses low-frequency electrical current to measure glucose. Other products under development include a patch that continuously monitors glucose levels, and a self-monitoring device with a laser to draw blood.

**The hemoglobin A1c test is a powerful tool in managing diabetes. But only 40 percent of patients take the test even once a year.**

### Better tools

"There now are tremendous drugs to treat type 2 diabetes," says Bell. "We've got drugs, such as Actos (pioglitazone) and Avandia (rosiglitazone), that lower insulin resistance, and drugs, such as Starlix (nateglinide) and Prandin (repaglinide), that help the pancreas make more insulin."



The hemoglobin A1c test, a valuable but underused tool, makes a big difference in treatment. The test can tell the doctor how high the patient's blood sugar has been on average over the last two to three months. This provides a better picture of the degree to which the kidneys, heart, nerves, and eyes have been exposed to high blood sugar.

Surprisingly, only 40 percent of patients with diabetes get the hemoglobin A1c test once a year, says Bell. If you are diabetic, talk to your doctor about taking the test.

### Painless possibilities

For those who must take insulin, the chore of injection has gotten quicker and less painful with inventive gadgets. For example, a disposable, penlike injector that contains insulin and small needles tucks in a pocket.

The insulin pump, an improved insulin-delivery method used mainly by type 1 diabetic patients, is available in sizes as small as a pager.

The insulin inhaler is another innovation. However, more studies are needed to investigate how inhaling insulin directly into the lungs affects lung tissue, says Bell. Gavin does not believe these inhalers will replace insulin injections for most patients over the long term.

For now, medications, regular checkups, nutrition, and exercise are the best ways to manage diabetes, and live a full life.

### For more information

- American Diabetes Association (ADA): 800/342-2383 or visit www.diabetes.org.
- Juvenile Diabetes Research Foundation International (JDRF): 800/533-2873 or visit www.jdf.org.


***BETTER HOMES AND GARDENS* NEW DIABETIC COOKBOOK**




This book features 150 healthful recipes designed for people with diabetes, but flavorful enough for the whole family. Each recipe includes nutrition facts and exchanges based on the American Diabetes Association's exchange system. A special section has information on managing diabetes—from basics to food selection. The 240-page hardcover costs $29.95 (includes shipping, handling, and tax). TO ORDER, call 800/881-4066.


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c Ointment can be used in patients with moderate to severe eczema who do not respond well to or who may have side effects with traditional
ents. It can be used for short or repeated periods of treatment. Protopic is prescribed for adults in concentrations of 0.03% and 0.1% and for
, aged 2 to 15 years, in the 0.03% concentration only.
st common side effects with Protopic are usually limited to stinging, burning, and itching upon application. The more severe and widespread
ems, the greater the likelihood of these symptoms. Skin symptoms were most burning, occurred early in treatment, and rarely required
nuation of treatment. Avoid excessive sunlight, tanning salons and phototherapy. When exposure is unavoidable, protect skin from the sun.
cover the skin being treated with bandages, dressings, or wraps.
ur healthcare professional can weigh the risks and benefits of a prescription medication and decide if this medication is the right
one for you. Please see important product information on the next page.
Fujisawa Healthcare, Inc.

**Fujisawa**
45670/Issued: December 2000

PATIENT INFORMATION ABOUT

# Protopic®
## (tacrolimus)
## *Ointment*

**Read this important information before you start using PROTOPIC [pro-TOP-ik] Ointment and each time you refill your prescription. There may be new information. This summary is not meant to take the place of your doctor's advice.**

**What Is PROTOPIC?**
PROTOPIC Ointment is a prescription medicine that is used to treat eczema (atopic dermatitis). It is for adults and children age 2 years and older. You can use PROTOPIC for short or intermittent long periods of treatment. Intermittent means starting and stopping repeatedly, as directed by your doctor. You can use it on all affected areas of your skin, including your face and neck.

**Who should not use PROTOPIC?**
**Do not use PROTOPIC if you are**

- breastfeeding
- allergic to PROTOPIC Ointment or any of its ingredients. The active ingredient is tacrolimus. Ask your doctor or pharmacist about the inactive ingredients.

Before you start using PROTOPIC, tell your doctor if you are:

- using **any** other prescription medicines, non-prescription (over-the-counter) medicines, or supplements
- receiving any form of light therapy (phototherapy, UVA or UVB) on your skin
- using any other type of skin product
- pregnant or planning to become pregnant

**How Do I Use PROTOPIC?**
Use PROTOPIC only to treat eczema that has been diagnosed by a doctor.

- Wash your hands before using PROTOPIC
- Apply a thin layer of PROTOPIC to all skin areas that your doctor has diagnosed as eczema. Try to cover the affected areas completely. Most people find that a pea-sized amount squeezed from the tube covers an area about the size of a two-inch circle (approximately the size of a silver dollar)
- Apply the ointment twice a day, about 12 hours apart.
- Before applying PROTOPIC Ointment after a bath or shower, be sure your skin is completely dry.
- Do not cover the skin being treated with bandages, dressings or wraps. Unless otherwise instructed by your doctor, do not apply another type of skin product on top of PROTOPIC Ointment. However, you can wear normal clothing
- Do not bathe, shower or swim right after applying PROTOPIC. This could wash off the ointment
- If you are a caregiver applying PROTOPIC Ointment to a patient, or if you are a patient who is **not** treating your hands, wash your hands with soap and water after applying PROTOPIC. This should remove any ointment left on the hands.
- Use PROTOPIC only on your skin. Do not swallow PROTOPIC.

Because 2 strengths of PROTOPIC are available for adult patients, your doctor will decide what strength of PROTOPIC Ointment is best for you

Many people notice that their skin starts to improve after the first few weeks of treatment Even though your skin looks and feels better, it is important to keep using PROTOPIC as instructed by your doctor

If you do not notice an improvement in your eczema or if your eczema gets worse within the first few weeks of treatment, tell your doctor.

**What Should I Avoid While Using PROTOPIC?**

- Avoid sunlight and sun lamps, tanning beds, and treatment with UVA or UVB light. If you need to be outdoors after applying PROTOPIC, wear loose fitting clothing that protects the treated area from the sun. In addition, ask your doctor what other type of protection from the sun you should use.
- Check with your doctor or pharmacist before you
  - start taking any new medicines while using PROTOPIC.
  - Start using any other ointment, lotions, or creams on your skin.

**What Are The Possible Side Effects of PROTOPIC?**
The most common side effects of PROTOPIC are stinging, soreness, a burning feeling, or itching of the skin treated with PROTOPIC. These side effects are usually mild to moderate, are most common during the first few days of treatment, and typically lessen if your skin heals.

Less common side effects include acne, swollen or infected hair follicles, headache, increased sensitivity of the skin to hot or cold temperatures, or flu-like symptoms [common cold and congestion (stuffy nose)]. Some people may get skin tingling, upset stomach, herpes zoster (chicken pox or shingles), or muscle pain. While you are using PROTOPIC, drinking alcohol may cause the skin or face to become flushed or red and feel hot. Call your doctor if side effects continue or become a problem.

**How Should I Store PROTOPIC?**
Store PROTOPIC at room temperature (59° to 86°F). For instance, never leave PROTOPIC in your car in cold or hot weather. Make sure the cap on the tube is tightly closed. Keep PROTOPIC out of the reach of children.

**General Advice about Prescription Medicines**
Do not use PROTOPIC for a condition for which it was not prescribed. If you have any concerns about PROTOPIC, ask your doctor. Your doctor or pharmacist can give you information about PROTOPIC that was written for health care professionals. For more information, you can also visit the Fujisawa Internet site at www.fujisawa.com or call the PROTOPIC Help Line at 1-800-727-7003

Fujisawa Healthcare, Inc.
Deerfield, IL 60015
www.fujisawa.com

45670
Issued: December 2000

# Four Steps to Fitness

by Debbe Geiger

The nation's Surgeon General reports that near 60 percent of Americans do not get enough exercise. Ar 25 percent aren't active at all.

"We're talking about an epidemic," says JoAnn Ma son, M.D., a professor of medicine at Harvard Medic School and chief of preventive medicine at Brigham ar Women's Hospital in Boston, Massachusetts. "If som one were to say there was an elixir that cuts in half yo risk of heart disease, stroke, diabetes, and some forms cancer, everyone would be clamoring to get ahold of Well, that magic bullet exists. It is called exercise."

*The 30-Minute Fitness Solution: A Four-Step Plan f Women of All Ages* (2001), by Manson and fitness writ Patricia Amend, shows how daily moderate activity c improve health. The book includes stretching ar strength-training exercises and a sensible weight-lo plan. There also are activity guidelines for women wi chronic health conditions, such as diabetes, hyperte sion, osteoporosis, and arthritis. Questionnaires, chec lists, and record-keeping logs will motivate you to no progress as you follow this four-step strategy.

**Plan your active lifestyle.** Set clear goals and write the down. Look for opportunities to exercise. Walk lunchtime. Pack a jump rope for quick fitness on trips

**Proceed with your exercise program.** Start off slow. Lea proper technique, and protect yourself from injury warming up and cooling down.

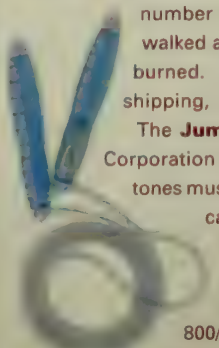
**Record your progress.** Monitor your fitness achiev ments. Also note changes in your emotional well-bei such as reduced stress and elevated mood.

**Reward your efforts.** Not with an ice-cream sundae, course, but with concert tickets or a new CD.


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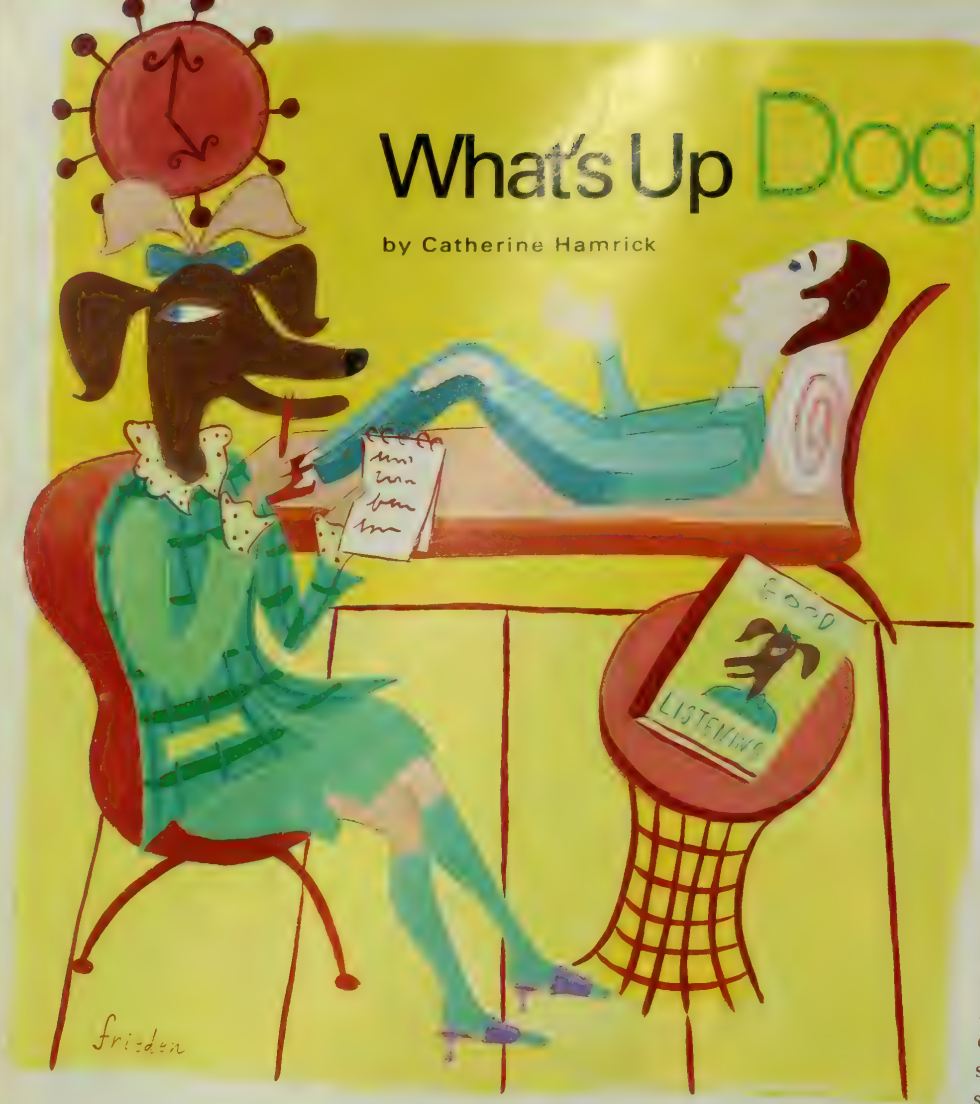
The **Jump Smart Jump Rope** by Tanita Corporation gives a great cardio workout and tones muscles while indicating the number of calories burned. $32.95, includes shipping, handling, and sales tax.

**TO ORDER** either product, call 800/881-4066. Or you can order on the Internet at *www.bhgcatalog.com.*


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# What's Up Dog?

by Catherine Hamrick




**Here's the feel-good truth about pets:** They accept how humans are and heal with unconditional love.

Your best friend doesn't have to say a word to make you feel better. She simply nudges you and leans in close. Her cocked head and bright eyes say, "Pour out your heart. I'm all ears."

Studies show that being near dogs can relieve stress and mitigate loneliness, fear, and anxiety. Thousands of volunteers and their pets annually visit hospitals and other health-care settings where a gentle touch or a wagging tail can work therapeutic magic for someone who is in need of companionship.

Participating in a visiting pets program, as formally organized programs are called, can be a rewarding activity for you and your dog. Or, you may want to involve the whole family. Your children will have great fun while learning to value animals and to interact with people who are at different stages of life.

**How do visiting pet programs help people**

The Delta Society—nonprofit organizatio that, since 1977, h researched and promo ed how animals pos tively affect huma health—pioneered vi iting pet programs i hospitals and nursin homes more than l years ago. Today a var ety of national and loc programs abound.

Research has prove that contact with anima benefits humans in suc settings, says Gail Melson, professor of chil development and fami studies at Purdue Unive sity and author of *Why t Wild Things Are: Animals the Lives of Children* (2001), which explores th human/animal connection.

"You really do see a benefit," says Ava Both who runs Animal Lifeline of Iowa, Inc., a nor profit animal rescue and rehabilitation servic in Carlisle, Iowa. "My dog and I used to visit woman who had Alzheimer's in the hospital. put her hand on the dog. At first her eyes wer closed, but with every visit she responded mor She eventually opened her eyes and liked touch ing the dog. The experience seemed to recal times when she had pets of her own."

**Do these programs serve children?**

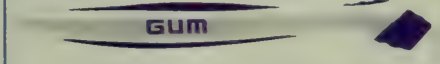
Many children's hospitals and schools welcon visiting dogs and their owners. "Children wh have been ill or threatened feel safe with friendly dog," says Peg Steele, who has been

continued on page 1




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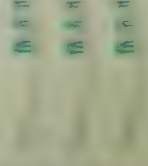



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## What's Up Dog?

continued from page 192

visiting pet volunteer for several years in Washington, D.C. "My husky, Tasha, and I volunteered at a psychiatric unit for teens. They liked to touch her thick fur and loved her big, happy tail. They let down their guard because we were not authority figures."

Gail Melson recalls the time a social worker told her, "Animals don't read the child's chart." Instead, the animal contact makes small openings in the child's defensive armor, says Melson.

Cats are the second most popular visiting pets. Goats, llamas, horses, rabbits, guinea pigs, donkeys, potbellied pigs, cockatoos, parrots, and chickens also have joined the peaceable kingdom of pet volunteers.

Pet Partners, Delta Society's visiting animal program, also serves homeless shelters, where families may be quartered up to three months. Children in this environment miss normal social interaction and may become withdrawn or wary. But a visit with an animal can have a profound effect. Pet Partners volunteers say homeless children warm up to dogs. Some stroke and talk to the visiting pets, while others might play a game of fetch.

### Which dogs seem best suited to the job?

Easygoing, family-friendly dogs, such as golden retrievers, labrador retrievers, Welsh corgis, and beagles are good candidates. Breeds that are nervous or aggressive don't make ideal visitors, though there are exceptions. Mixed breed dogs often work well. Ultimately, certain personality traits determine whether a dog is up to the task: an even temperament with all kinds of people; the ability to stay calm, despite unanticipated sounds, sights, and events; and good manners—obeying commands and approaching people and other dogs without aggression.

### Does a dog need training to be a visiting pet?

Most programs require that dogs be able to interact well with humans. Different training courses are available. For example, Delta Society sponsors workshops. Or you can send off for their Pet Partners home-study course, then arrange for a local Delta Society evaluator to test your dog.

Some programs request that your dog earn a Canine Good Citizenship certification, sanctioned by the American Kennel Club (AKC). "My dog and I had to demonstrate that she wouldn't get alarmed if a stranger petted her," says Steele. "We showed the evaluator how we could turn left, right, and stop. Tasha also ha to respond to commands, such as 'sit' an 'down' and 'stay,' and to come when called."

Canine Good Citizenship certification me sures a dog's ability to be polite whatever th situation. "The hard part of our test was whe the evaluator took Tasha's leash for a few mi utes while I left the area," says Steele. "Tash could not show agitation while I was gone."

Steele says puppy kindergarten and a subs quent training program prepared Tasha to ea Canine Good Citizenship certification. "It's good idea to have your dog trained and certifie whether you get involved in a visiting p program or not," she says. "The experien reinforces the relationship with your dog."

The AKC's Canine Good Citizenship Depar ment can suggest evaluators in your area.

### How do I find a visiting pets program?

Contact the Delta Society's Pet Partners Pr gram. Active in 45 states, it links volunteers wi facilities in their own communities. Or, a your veterinarian to suggest a local program

### How do volunteers benefit?

The relationship among visiting pets, the owners, and their new friends is reciproca "By the time my son Reilly was five, we visite an adult day-care center once a week," sa Steele. "Reilly learned from our dog how to b gentle with older people and to accept ther whether they were outgoing, quiet, in a whee chair, or active."

"Animals can enrich a child's life," says Ga Melson. "They offer emotional acceptanc one-way devotion." Visiting animal progra also give children the opportunity to lea about nurturing, Melson says.

Children who are comfortable with anima and enjoy taking care of them will more like learn to express care and concern for people.

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425/226-7357 ■ www.deltasociety.org

**CANINE GOOD CITIZEN TEST**
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'ADATE® CD Capsules should not be used in patients:

Who are overly anxious, tense, or agitated

With glaucoma, tics, or Tourette's Syndrome

Who are taking or who recently took an MAO inhibitor

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ntal illness, seizures, high blood pressure, or heart conditions.

most common side effects are headache, stomachache, decreased
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Please see brief summary of Prescribing Information on next page.

**Reference: 1.** IMS Health NDTI Audit. August 2000.

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*INFORMATION FOR PATIENTS TAKING METADATE® CD OR THEIR PARENTS OR CAREGIVERS*

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This information is for patients or their parents or caregivers taking METADATE *(MET-a-date)* CD Capsules for the treatment of Attention Deficit Hyperactivity Disorder.

Please read this before you start taking METADATE CD. Remember, this information does not take the place of your doctor's instructions. If you have any questions about this information or about METADATE CD, talk to your doctor or pharmacist.

***What is METADATE® CD?***

METADATE CD is a once-a-day treatment for Attention Deficit Hyperactivity Disorder, or ADHD. METADATE CD contains the drug methylphenidate, a central nervous system stimulant that has been used to treat ADHD for more than 30 years. METADATE CD is taken by mouth, once each day in the morning, before breakfast.

***What is Attention Deficit Hyperactivity Disorder?***

ADHD has three main types of symptoms: inattention, hyperactivity, and impulsiveness. Symptoms of inattention include not paying attention, making careless mistakes, not listening, not finishing tasks, not following directions, and being easily distracted. Symptoms of hyperactivity and impulsiveness include fidgeting, talking excessively, running around at inappropriate times, and interrupting others. Some patients have more symptoms of hyperactivity and impulsiveness while others have more symptoms of inattentiveness. Some patients have all three types of symptoms.

Many people have symptoms like these from time to time, but patients with ADHD have these symptoms more than others their age. Symptoms must be present for at least 6 months to be certain of the diagnosis.

***How does METADATE® CD work?***

The METADATE CD capsule dissolves right after you swallow it in the morning, giving you an initial dose of methylphenidate. The remaining drug is slowly released during the day to continue to help lessen the symptoms of ADHD. Methylphenidate, the active ingredient in METADATE CD, helps increase attention and decrease impulsiveness and hyperactivity in patients with ADHD.

***Who should NOT take METADATE® CD?***

You should NOT take METADATE CD if:

- You have significant anxiety, tension, or agitation since METADATE CD may make these conditions worse.
- You are allergic to methylphenidate or any of the other ingredients in METADATE CD.
- You have glaucoma, an eye disease.
- You have tics or Tourette's Syndrome, or a family history of Tourette's Syndrome.

Talk to your doctor if you believe any of these conditions apply to you.

***How should I take METADATE® CD?***

**Do not chew, crush, or open the capsules.** Swallow METADATE CD capsules whole with the help of water or other liquids, such as milk or juice.

Take METADATE CD once each day in the morning, before breakfast.

Take the dose prescribed by your doctor. Your doctor may adjust the amount of drug you take until it is right for you. From time to time, your doctor may interrupt your treatment to check your symptoms while you are not taking the drug.

***What are the possible side effects of METADATE® CD?***

In the clinical studies with patients using METADATE CD, the most common side effects were headache, stomach pain, sleeplessness, and decreased appetite. Other side effects seen with methylphenidate, the active ingredient in METADATE CD, include nausea, vomiting, dizziness, nervousness, tics, allergic reactions, increased blood pressure and psychosis (abnormal thinking or hallucinations).

This is not a complete list of possible side effects. Ask your doctor about other side effects. If you develop any side effect, talk to your doctor.

***What must I discuss with my doctor before taking METADATE® CD?***

Talk to your doctor ***before*** taking METADATE CD if you:

- Are being treated for depression or have symptoms of depre... such as feelings of sadness, worthlessness, and hopelessne...
- Have motion tics (hard-to-control, repeated twitching of any parts ... your body) or verbal tics (hard-to-control repeating of sounds or w...
- Have somebody in your family with motion tics, verbal tics, o... Tourette's Syndrome.
- Have abnormal thoughts or visions, hear abnormal sounds, ... have been diagnosed with psychosis.
- Have had seizures (convulsions, epilepsy) or abnormal EEG ... (electroencephalograms).
- Have high blood pressure.

Tell your doctor ***immediately*** if you develop any of the above ... tions or symptoms while taking METADATE CD.

***Can I take METADATE® CD with other medicines?***

Tell your doctor about ***all*** medicines that you are taking or inte... take. Your doctor should decide whether you can take METADATE CD with other medicines. These include:

- Other medicines that a doctor has prescribed.
- All medicines that you buy yourself without a prescription.
- Any herbal remedies that you may be taking.

You should not take METADATE CD with monoamine oxidase ... (MAO) inhibitors.

While on METADATE CD, do not start taking a new medici... herbal remedy before checking with your doctor.

METADATE CD may change the way your body reacts to c... medicines. These include medicines used to treat depression, pre... vent seizures, or prevent blood clots (commonly called "blood thin... ners"). Your doctor may need to change your dose of these m... cines if you are taking them with METADATE CD.

***Other Important Safety Information:***

Abuse of methylphenidate can lead to dependence.

Tell your doctor if you have ever abused or been dependent on ... or drugs, or if you are now abusing or dependent on alcohol or d...

***Before*** taking METADATE CD, tell your doctor if you are pregn... or plan on becoming pregnant. If you take methylphenidate, it ma... be in your breast milk. Tell your doctor if you are nursing a ba...

Tell your doctor if you have blurred vision when taking METADATE CD.

Slower growth (weight gain and/or height) has been report... long-term use of methylphenidate in children. Your doctor will be ... carefully watching your height and weight. If you are not grow... gaining weight as your doctor expects, your doctor may stop ... METADATE CD treatment.

Call your doctor ***immediately*** if you take more than the am... of METADATE CD prescribed by your doctor.

***What else should I know about METADATE® CD?***

METADATE CD has not been studied in children under 6 years ... ag...

METADATE CD may be a part of your overall treatment fo... ADHD. Your doctor may also recommend that you have coun... or other therapy.

As with all medicines, never share METADATE CD with an... else and take only the number of METADATE CD Capsules p... scribed by your doctor.

METADATE CD should be stored in a safe place at room t... ature (between 59°-86°F).

***For more information about METADATE® CD:***

METADATE CD Capsules are available by prescription. Only you ... doctor knows what is right for you. This sheet is only a brief s... mary. If you have any questions, or want any information, tal... with your doctor or pharmacist, or call the number below.

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continued on page 200

# waterplay



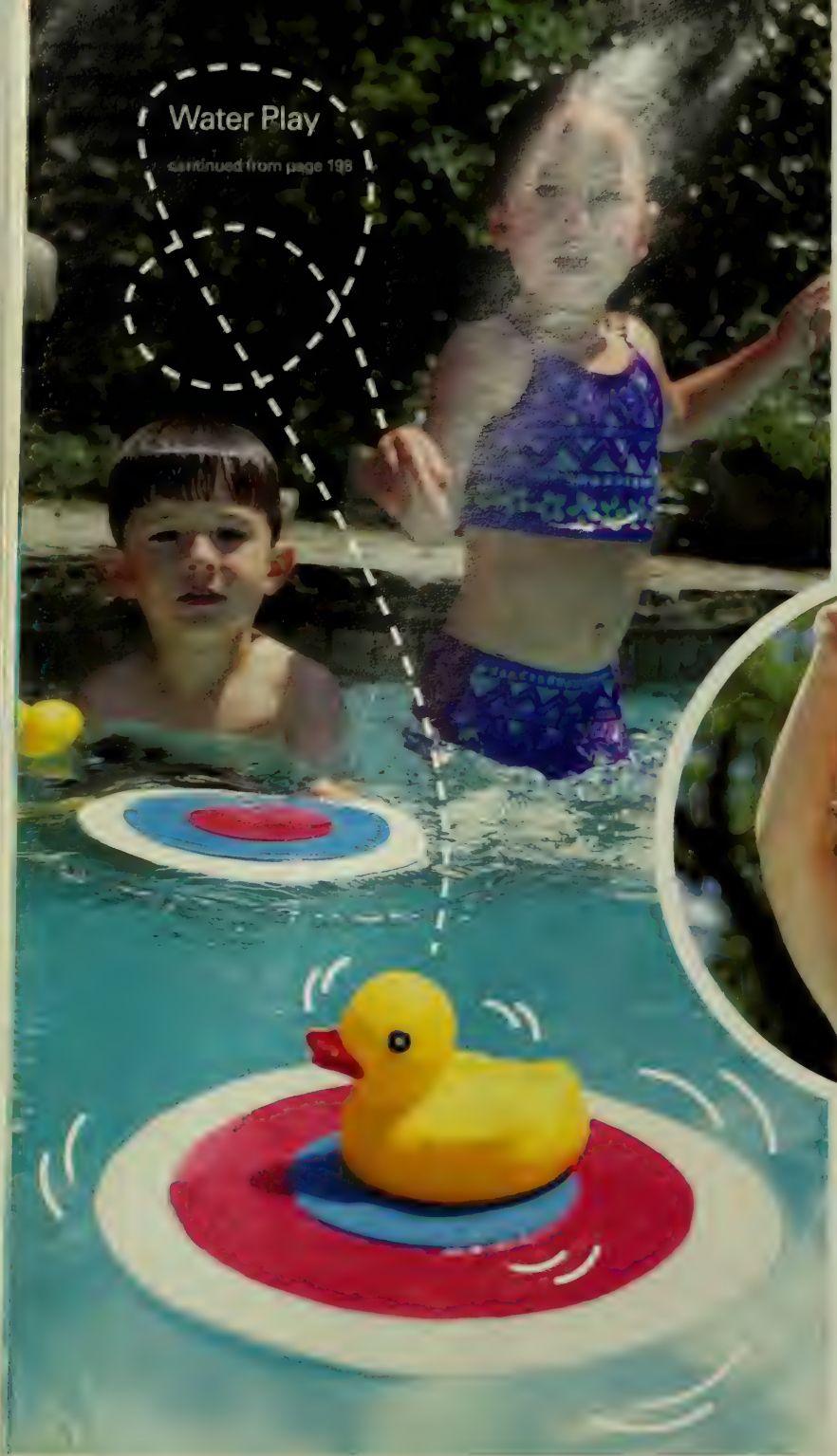

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at's a great habit for little sprouts to get into.




## Rubber Duck Toss

**What you need:** Rubber ducks ■ R
white, and blue craft foam ■ No-s
fabric adhesive

1. To make the target, cut differe
colors of craft foam into sm
medium, and large circles. 2. Us
no-sew fabric adhesive, glue t
pieces. Let dry. Float target on t
water and throw ducks onto t
foam. Try overhand and underha
shots. Once you've mastered yo
aim, increase the distance betwe
you and the targ



## Water Balloon Yo-Y

**What you need:** Latex balloons ■ 2
inch length of ¼-inch elastic ■ Scissors

1. Use two balloons of differ
colors. Choose one balloon to be
outer color. Pinch it and snip a
⅛-inch half-circle through the
you've made. Repeat several tim
2. Roll up second balloon lengthw
and push it into the outer ballo
Slip both balloons over the fa
and partially fill, tying both balloon
a knot. 3. Tie elastic below the kn
Make a finger loop at the other e

continued on page 202

# You know what they say: "Small feet, small bladder."



Somewhere around the age of 2 1/2, "I gotta go!" becomes a toddler's three favorite words. When it's that time to begin toilet training at your house, here's a tip that may help move things along. Always be consistent. Once you've made the switch from diapers to Pull-Ups® Training Pants, it's important not to backslide. (That's right, even if it means 432 trips to the bathroom a day.) The fact is, switching back and forth to diapers can confuse your child and actually slow down potty training progress. So whether it's naptime, a trip to the mall, or that long car ride to Grandma's house, don't be tempted by diapers. Stick with Pull-Ups® all the time, and you'll have a big kid in no time.

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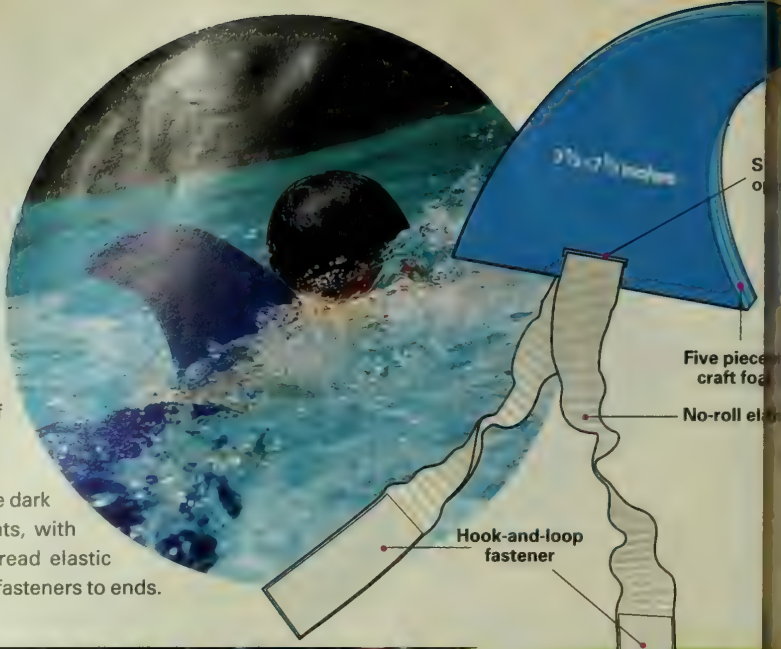
# Water Play

continued from page 200

## Shark Tag

**What you need:** 3 sheets of dark blue craft foam ■ 2 sheets of light blue foam ■ No-sew fabric adhesive ■ 1 yard of 1½- to 2-inch-wide no-roll waistband elastic ■ 4-inch section of hook-and-loop fastener ■ Craft knife

Use the pattern (*right*) to cut out three dark blue and two light blue fins. Parents, with craft knife, cut slits in each fin. Thread elastic through slits. Glue pieces. Sew loop fasteners to ends.






## Water Battle

**What you need:** 2 plastic dinner plates ■ Paint markers ■ Mason's line string ■ Large, common nail (16d or 20d, for example) ■ Squirt guns

1. Use a nail to carefully punch single holes an inch down from the plates' rims. Color a face on the plates with paint markers. Let dry.
2. Tie one end of the mason's line around a tree or fence post. Thread the other end through the holes in plates. Anchor other end to tree or post. With a player on each side, squirt the plates, seeing who can push the plates farthest. As an option, string two mason's lines, putting a plate on each string. Have plate races.

continued on page 204




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# Water Play

continued from page 202

## Splashing Octopus

**What you need:** 1 pair of rubber gloves ■ 1 to 2 oval sponges ■ 3 elastic bands ■ Paint markers

1. Slip the sponges into the hand of one glove. Pull the wrist together and tightly wrap with an elastic band. 2. Slip the wrapped end into the palm area of the second glove. Bring the wrist of the second glove together and wrap with elastic band. 3. Wrap the last elastic band around finger base of second glove. Draw the face.

## Cork Boat

**What you need:** Plastic lids ■ Cork ■ Utility knife ■ Scissors

Cut two side fins and a sail out of plastic lids (see photo, *right*). Parent, cut three slits in cork. Insert fins and sail. Decorate.



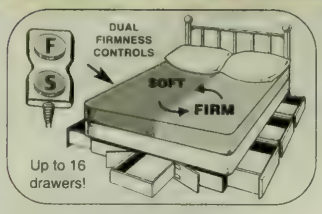



## Paddle Boat

**What you need:** Large plas bottle ■ 2 pencils ■ Duct ta ■ Elastic band ■ Plastic-foam tra

1. Position the pencils (eraser e out) on either side of the bottle they extend 5 to 6 inches beyond t bottle end. 2. Duct-tape the penc in place, making sure they an slightly downward. Loop the elas band between the pencils. 3. Cu 2½×3-inch piece from the plast foam tray for the paddle. (Foam tra are often used as packaging grocery store items.) 4. Cut a slit either side of the paddle. Thread c side of the elastic band through bo slits. For decoration, add optio plastic beads. Wind the elastic ba and paddle. Set t boat in the water a release the woun up paddle.


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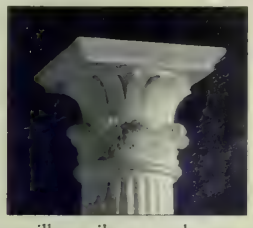
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ntinued from page 148

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e 55 (1) **cabinets** (Antique White)—Neil Kelly Co dress above). **Backsplash tiles**—Sonoma Tilemakers dress above). (2) **sink**, "#K-5932 4," **sink basket**, -6521"—Kohler Co., 800/456-4537, www.kohler.com **et**—Chicago Faucets Co. (address above). **Window, ryal"**—Kolbe & Kolbe Millwork Co., Inc. (address ve). **Light sconces**, "W388PN"—Rejuvenation House s (address above). (3) **cabinets** (Antique White), **spice ver inserts**—Neil Kelly Co. (address above). **Counter-s**—Paramount Marble (address above). (4) **ceiling fix-s**, "#SF980"—Rejuvenation House Parts (address ve). **Recycling bins**—Neil Kelly Co. (address above). **bench**—Neil Kelly Co. (address above). **Wall paint** ple); **ceiling paint** (Twilight)—Miller Paint Co., Inc. dress above)

**om at the Top**

**ge 58 (*top*): wall paint,** "Donald Kaufman Color Collec r"—Santa Monica Painters Supply, 1625 17th St., San-Monica, CA 90404; 310/392-2339. **Dining room table, irs, light fixture**—antiques. **Art**—no source. (***Bottom***): **k deck chairs,** "Lister"—Speake Garden Furniture ailable only through design professionals).

**ge 60 (*top*): side tables**—The Joinery Co., 4804 SE odstock, Portland, OR 97206; 503/788-8547. **Wall paint,** nfecoat" (Swan Wing)—American Formulating and ., 3251 Third Ave., San Diego, CA 92103; 619/239-0321; w.afmsafecoat.com. (***Bottom***): **skylights**—Velux erica, Inc., P.O. Box 5001, Greenwood, SC 29648-5001; 1/283-2831; www.velux.com. **Daybed and armchair**—iques. **Daybed upholstery**—Hexafoo for the Home, 10 SE. Belmont, Portland, OR 97214; 503/234-4550. **en pillows, plant stand**—Tuesday Morning, 14621 In-od Rd., Addison, TX 75001. **Square green vase on win-wsill**—Michaels Stores, Inc., 5931 Campus Circle Dr., ng, TX 75063; 800/642-4235.

**ge 62: green towel,** "Utica"—Westpoint Stevens; 800/458-3000; www.martex.com. **Bath mat**—T.J. Maxx; 800/926-6299. **Robe**—Ralph Lauren Home Collection, 1185 Ave. of the Americas, New York, NY 10036; 800/578-7656.

**Page 63 (*left*): countertop** (Fire Slate)—Environmental Building Supplies, 1331 NW. Kearney, Portland, OR 97209; 503/222-3881; www.ebs@Ecohaus.com. **Faucets**—Hansgrohe, 1490 Bluegrass Lakes Pkwy., Alpharetta, GA 30004; 800/719-1000; www.hansgrohe-usa.com. **Sinks**—Kohler Co.; 800/456-4537; or visit www.kohlerco.com. (***Right***): **washer/dryer,** "Gallery Stackables"—Frigidaire Home Products, 250 Bobby Jones Expwy., Martinez, GA 30907; 800/444-4944; www.frigidaire.com. **Stools**—The Joinery Co. (address above). **Basket in closet**—T.J. Maxx; 800/926-6299.

**Gardener's Almanac**

**Pages 86-91: Black Dragon trumpet lily**—Old House Gardens, 536 W. Third St., Ann Arbor, MI 48103; 734/995-1486; catalog $2. B&D Lilies, P.O. Box 2007, Port Townshend, WA 98368; 360/385-9996; catalog $3.

**Anything Anywhere Containers**

**Pages 94-102: Kalanchoe, brunfelsia, scaevola, nemesia**—Logee's Greenhouses, 141 North St., Danielson, CT 06239-1939; 888/330-8038; catalog $3. **Sedums**—Lauray of Salisbury, 432 Undermountain Rd., Route 41, Salisbury, CT 06068; 860/435-2263; catalog $2. **Succulents**—Logee's Greenhouses (address above). Lauray of Salisbury (address above). **Flax** (Phormium)—Gossler Farms Nursery, 1200 Weaver Rd., Springfield, OR 97478-9691; 541/746-3922; catalog $2. **Roses**—Antique Rose Emporium, 9300 Lueckemeyer Rd., Brenham, TX 77833; 800/441-0002; catalog $5. Heirloom Old Garden Roses, 24062 NE. Riverside Dr., St. Paul, OR 97137; 503/538-1576; catalog $5. **Gaillardia**—White Flower Farm, P.O. Box 50, Litchfield, CT 06759; 800/255-2852; free catalog. **Orchids**—Orchids by Hausermann, 2N134 Addison Rd., Villa Park, IL 60181; 630/543-6855; catalog $1. J&L Orchids, 20 Sherwood Rd., Easton, CT 06612; 203/261-2772; catalog $1. **Japanese maple**—Mountain Maples, 54561 Registered Guest Rd., Box 1329, Laytonville, CA 95454; 707/984-6522; catalog $2. F.W. Byles Co. Nursery, P.O. Box 7705, Olympia, WA 98507; 360/352-4725; catalog $2. **Bottlebrush tree**—Louisiana Nursery, Route 7, Box 43, Opelousas, LA 70570; 318/948-3696; catalog $6. **Marguerite daisy, alyssum**—Thompson & Morgan, P.O. Box 1308, Jackson, NJ 08527; 908/363-2225.

**The Best of Phlox**

**Pages 107-114: phlox**—Busse Gardens, 17160 245th Ave., Big Lake, MN 55309; 800/544-3192; catalog $3. Carroll Gardens, 444 E. Main St., Westminster, MD 21157; 800/638-6334; catalog $3. Perennial Pleasures Nursery, P.O. Box 147, East Hardwick, VT 05836; catalog $3.

**Past Perfect**

**Page 117: blue wicker chair**—WaterLemon, 405 Railroad, McCall, ID 83638; 208/634-2529.

**Pages 118-119 (*left*): turquoise cupboard**—Great Jones Home, 1921 Second Ave., Seattle, WA 98101; 206/448-9405. (***Right***): **yellow vase on coffee table,** Aletha Soule—Twist; 503/224-0334 or 206/315-8080. **Slipcovers on furniture**—Kate Nason, Chairwear; 503/335-8692. **Blue wicker chair**—WaterLemon (address above). (***Bottom right***): **exterior landscaping**—Robert Blasingham; 503/230-2529.

**Pages 120-121 (*left*): curtain fabric,** vintage—Bernadette Breu Antiques & Ornaments—1134 NW. Everett, Portland, OR 97209; 503/226-6565. **Green pillar**—Scotts Mills Mercantile; 503/873-1141. **Vintage picture of oranges**—Stars Antique Mall, 7027 SE. Milwaukie, Portland, OR 97202; 503/235-5990. **Green pitcher on table,** Aletha Soule—Twist; 503/224-0334 or 206/315-8080. **Table**—WaterLemon (address above). (***Top right***): **red chair**—Stars Antique Mall (address above). **Yellow cupboard**—WaterLemon (address above). (***Bottom right***): **McCoy pottery on shelf; ladder over door**—Stars Antique Mall (address above).

**Pages 122-123: McCoy pottery on mantel**—Stars Antique Mall (address above). (***Right***): **beaded frame**—Anthropologie; 800/309-2500; www.anthropologie.com. **Painted frame**—Great Jones Home (address above). **Table**—WaterLemon (address above).

**Pages 124-125: painted frames; chair; quilt**—Great Jones Home (address above). **Cupboard**—WaterLemon (address above).

**Page 126 (*top*): candelabra**—Stars Antique Mall (address above). **Chenille duvet cover,** Bella Notte—Great Jones Home (address above). (***Bottom***): **hanging basket rack**—Anthropologie; 800/309-2500; www.anthropologie.com.

continued on page 208






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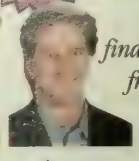
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continued from page 207

**Before and After Home Exteriors**
**Pages 129-131: windows**—Pella Corp. 102 Main St., Pella, IA 50219; 888/847-3552; www.pella.com. **Front doors**—Peachtree Doors and Windows, 4150 Blue Ridge Industrial Pkwy., Norcross, GA 30071; 800/732-2499; www.peach99.com. **Roof**—Owens Corning, World Headquarters, 1 Owens Corning Pkwy., Toledo, OH 43659; 800/438-7465; www.owenscorning.com. **Shutters**—custom. **Paint** (custom colors)—M.A.B. Paints, 800/388-2812; www.mabpaints.com. **Furnishings**—personal belongings.
**Page 132: wicker tables,** "#811343"—Pier 1 Imports; 800/245-4595; www.pier1.com. **Windows,** "New Castle"—CertainTeed Corp., Window Group, P.O. Box 860, Valley Forge, PA 19482; 800/782-8777; www.certainteed.com. **Ceiling fan,** "Sea Island #23566"—Hunter Fan Co., 2500 Frisco Ave., Memphis, TN 38114; 800/448-6837; www.hunterfan.com. **Exterior columns,** "Fiberglass," 10-inch—HB&G Products; 800/264-4424; Web site: www.hbgcolumns.com. **Siding,** "Classic Triple" 3-inch (Cream)—Wolverine Vinyl Siding Systems, a CertainTeed brand, 750 E. Swedesford Rd., Valley Forge, PA 19482; 800/823-1488; www.siding.com. **Door,** "Williamsburg #SS844B"—Lee Wholesale Supply, 55965 Grand River, New Hudson, MI 48165; 248/437-6044.
**Page 133: front door**—original to home. **Custom paint for front door** "#6636-5"—Porter Paints, P.O. Box 1439, Louisville, KY 40201-1439; or 800/332-6270; or visit www.porterpaints.com. **Windows and French door panels**—Kinco Ltd., 5245 Old Kings Rd., Jacksonville, FL 32205; 407/839-1735. **Lawn furniture**—personal belongings. **Roof,** "El Prestique" Elk Corp., 14643 Dallas Pkwy., Ste. 1000, Dallas, TX 75240; 972/851-0400; www.elkcorp.com.
**Pages 134-135 (*left*): shutters**—Shuttercraft, 282 Stepstone Hill Rd., Guilford, CT 06437; 203/453-1973. **Shutter paint,** "Exterior Expressions Collection" Latex (Kensington Green); **front door paint,** "Exterior Expressions Collection," Latex (Navajo White and Raleigh Green); **trim paint,** "Soft Gloss Exterior Trim" (Brilliant White) Soft Gloss—Benjamin Moore & Co.; 800/826-2623; Web site: www.benjamin[illegible]om **Weather vane**—Restoration Hardware; 888/243-9720; www.restorationhardware.com.
(***Top right***): **blue and white throws, pillows, and quilt**—Bed, Bath & Beyond; 800/462-3966; Web site: www.bedbathandbeyond.com. **Wicker furniture**—personal belongings. **Lantern**—IKEA; in the U.S.: 800/434-4532; in Canada: 800/661-9807; www.IKEA.com. (***Bottom right***): **deck furniture**—Fortunoff; 800/367-8866. **Potting table on deck**—Restoration Hardware; 888/243-9720; www.restorationhardware.com.
**Page 136: siding,** "Hardi-Board"—James Hardie Building Products, 26300 La Almeda, Ste. 250, Mission Viejo, CA 92691; 888/542-7343; www.jameshardie.com. **House paint,** "#8812W" (Taupe)—Parker Paint Mfg. Co., 3326 S. Junett St., Tacoma, WA 98409. **Windows**—Milgard Mfg., Inc., P.O. Box 11368, Tacoma, WA 98411-0368; 800/645-4273; www.milgard.com. **Roof,** "Oakridge Shadow" (Driftwood)—Owens Corning (address above). **Brick forms**—Home Depot U.S.A.; 800/430-3376; www.homedepot.com. **Concrete bench in garden**—personal collection.

**Market Fresh**
**Pages 139-146: specialty produce**—available from Frieda's, Inc.; 800/241-1771; www.friedas.com. Melissa's/World Variety Produce; 800/588-0151; www.melissas.com.

**Reader Shopping**
**Page 30: Pressed Flower and Fern Project Pack**—Nature's Pressed, P.O. Box 212, Orem, UT 84059. **Create-a-Saying Alphabet Stencil Set**—Designer Stencils, 2503 Silverside Rd., Wilmington, DE 19810.
**Page 103: Phlox**—Carroll Gardens, 444 E. Main St., Westminster, MD 21157.
**Page 152: ThermoTimer**—Zelco, 65 Haven St., CS #4445, Mt. Vernon, NY 10533.
**Page 156: Panasonic Household Juice Extractor**—Back to Basics, 11660 South State St., Draper, UT 84020.
**Page 157: Thermo SpatulaFork**—Norcross Ind./TruCook LLC, 1500A Elizabeth Ave., West Palm Beach, FL 33401.
**Page 190: Pedometer**—Accusplit, 2290 A Ringwood Ave., San Jose, CA 95131. **Jump Smart Jump Rope**—Tanita Corp., 2625 SD. Clearbrook Dr., Arlington Heights, IL 60005

## architects & designers

**Problem Solution Kitchen**
**Pages 48-55: kitchen designer**—Karen Richmond, Neil Kelly Designers/Remodelers, 804 N. Alberta, Portland, OR 97217-9946; 503/288-7461; www.neilkelly.com. **Contractor**—Tom Champion Builders, 1605 SE. Washington St., Portland, OR 97214; 503/238-7159.

**Room at the Top**
**Pages 58-63: architect**—John F. Wettermark, Wettermark + Keiffer Architects, LLC, 1100 St. Andrew St., New Orleans, LA 70130; 504/522-3341. **Builder**—David Ewing Ewing Design Concepts, 820 SE. Sandy Blvd., Portland, OR 97214-1223; 503/239-4470.

**Before and After Home Exteriors**
**Pages 129-131: architectural designer**—Gary Nance Design, 105695 Crosspoint Blvd., Fishers, IN 46256; 317/513-5002. **Builder**—Nazareth Construction Service Inc., P.O. Box 641, Zionszville, IN 46077; 317/873-0454.
**Page 132: architect**—Steve Lomske, American Craftsman Builders and Architects, 45929 Northview, Northville Twp., MI 48167; 248/374-0184. **Landscape designer**—homeowner.
**Pages 134-135: architect**—Patricia O'Neill, 257 Circle D Plandome Monor, NY 11030; 516/365-1799. **Builder**—Steve Kondakis, SAK Construction, 1 Grant Ct., Hicksville, NY 11801; 516/433-5120. **Landscape designer**—Georgia Waltzer, Design Concepts Inc., 774 Connecticut View Dr., Oyster Bay, NY 11771; 516/624-8477.
**Page 136: architect**—Robert Mickey, AIA, Northwest Home Designing, Inc., 4928-109th St., SW, Lakewood, WA 98499; 253/584-6309. **Contractor**—Curt Harmon, 5920-136th St. E, Puyallup, WA 98373; 253/537-5798.

**Editor's Note:** We inadvertently listed incorrect credentials from the following feature in our June 2001 issue. Here is the correct listing:



**Place to Play**
**Page 78: builder**—Burke & Sons Enterprises, 12547 N 156th St., Woodinville, WA 98072; 425/488-6932

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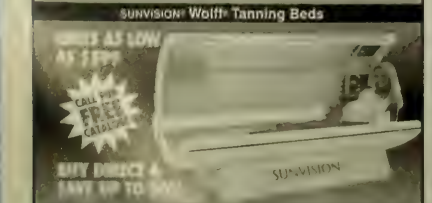
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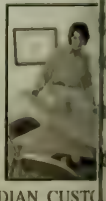
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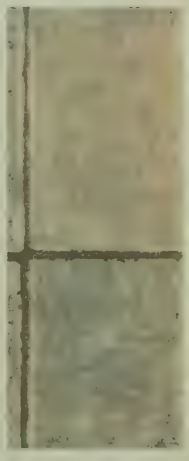
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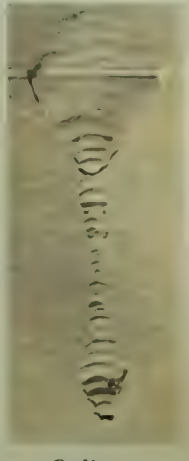



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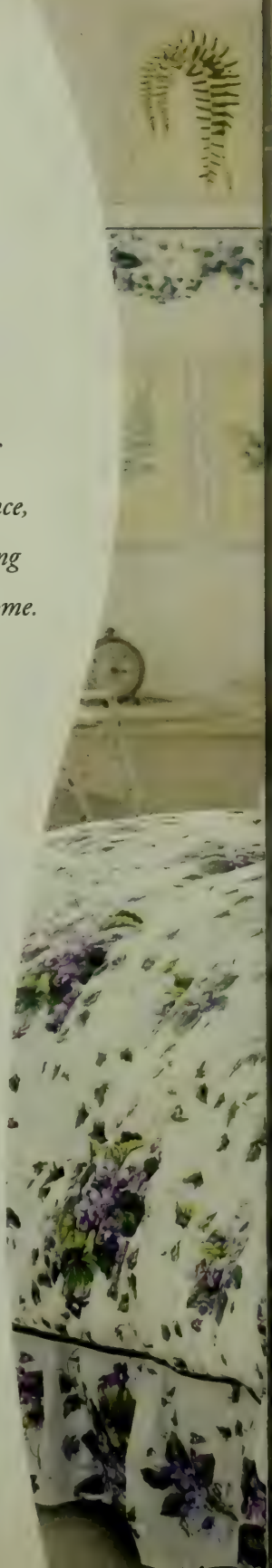


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Doctors are trained to read charts, x-rays and symptoms, not minds. So it's up to you to give them all the information they need to treat you properly. UnitedHealth Foundation is providing the following list of tips from medical experts* that tell you how to get smarter and safer health care. And how it all starts with the simple act of opening your mouth.

1. Speak up if you have questions or concerns. Choose a doctor who you feel comfortable talking to about your health and treatment. It's okay to ask questions and expect answers you can understand.

2. Keep a list of all the medicines you take and share that information with your doctor. Tell your doctor and pharmacist about the medicines you take, including over-the-counter medicines. Tell them about any drug allergies you have. Ask the pharmacist about side effects and be sure to read the labels on your medicines.

3. Make sure you get the results of any test or procedure. No news is good news is not always the case.

4. Talk with your doctor and health care team about your options if you need hospital care. If you have more than one hospital to choose from, choose a hospital at which many patients have had the procedure or surgery you require.

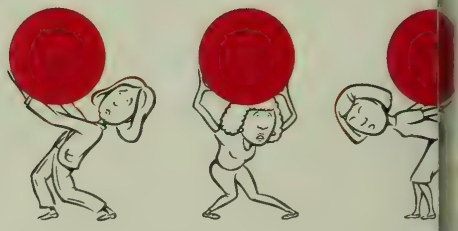
5. Make sure you understand exactly what will happen if you need surgery. Ask your doctor and surgeon exactly what they will be doing, how long it will take, what will happen after surgery and how you can expect to feel during recovery.

We believe that the more you know about your health, the healthier you'll be. Keep this information and share it with your family and your health care team. For more information on becoming a smarter patient and other health-related topics, visit us at www.unitedhealthfoundation.org.



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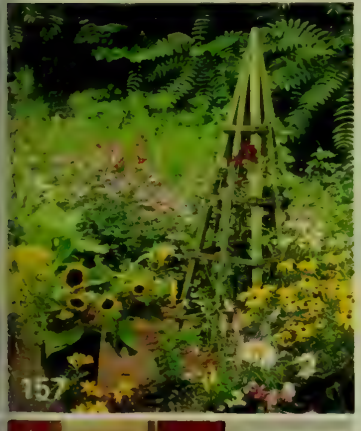
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After watching our next-door neighbors move out and their house sit empty for months, we were happy to see the SOLD sign appear on their front lawn. While patiently waiting for the new occupants to arrive, I envisioned how my husband, Don, and I and our two children, Lauren and Alec, could help them feel at home in the neighborhood.

Apparently, I was too slow on the draw. When I arrived home after a business trip, Don informed me that the husband half of the new couple next door had already introduced himself, extending his handshake over the lawn mower and offering greetings from a distant relative of mine who is one of his business associates. Then I heard through the grapevine that others on the street, too, had been the recipient—versus the giver—of the first greeting. I was impressed! While we wanted to make the new residents feel welcome, they were making the introductions and telling us how happy they were to be living in our neighborhood.

Well, I'm the newcomer to this page, and I'm going to take my cue from my enthusiastic neighbor. As a baby boomer, soccer mom, home decorator, gardener, and the new editor in chief of *Better Homes and Gardens*®, I am thrilled to be part of such a wonderful (and large) community. One of every five Americans is a reader of this magazine. We are diverse in many ways, including age, gender, race, and religion, but those things most precious in our lives—our families and our homes—are common to us collectively. We are dreamers and doers. We want to make life better, more beautiful, and personally satisfying. And, we look to *Better Homes and Gardens* for ideas and inspiration that make sense for today. This is my kind of neighborhood, and I'm delighted to call it home.



Karol DeWulf Nickell


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Clean up
before dinner.

Pier 1 imports

**Stop morning battles**

Here's a method for making sure your children get ready for school on time. When I wake our kids I ask them what time it is. Then I ask them what time we're leaving and how long they have to get ready. This gives them a sense of control. At our designated departure time, we walk out the door, ready or not.

Angela K. Williams
Peyton, Colo.

**Game teaches geography**

We invented a game called "Pin the Animal on the Continent" for my daughter's fifth birthday party. We cut out pictures (copyright-free photos printed from the Internet) of animals from around the world. On a wall map, guests pinned animals to countries of origin. My children have gained an impressive knowledge of animals, habitats, and geography.

Vicki Davis
Sumner, Texas

**Grow memories with green gifts**

When my close neighbor was moving away, her friends in the neighborhood each gave her a cutting or bulb from plants in their yards. This gave her living remembrances of all her neighborhood friends.

Linda Neukrug
Walnut Creek, Calif.

**Solve the "forgotten money" blues**

When my children and I shop together, the kids sometimes find something they want to buy. Many times we have forgotten to bring their money along. And none of us can ever remember how much money they have saved. Now I keep in my purse a little notebook where I've recorded a running total of their allowance and other earnings. They give me any cash they receive, and I add that amount to their column in my notebook. This way I know whether they can afford something.

Nina Hastings
Allen, Texas

**Your future beverages are in the cards**

My 2- and 4-year-olds would drink juice almost to the exclusion of milk and water. So, for each child, I took seven cards from a deck and decorated two with fruit stickers, two with cow stickers, and three with water stickers. Every day when they're thirsty, they decide what they will drink and give me the appropriate card. This way, I'm sure they're getting a good variety. They like using the cards, and they drink their water and milk without complaint.

Lori Domke
McKinney, Texas

**Make ID tags for youngsters**

Make up generic business cards for your kids' school bags. Include the bus driver's name, and phone numbers for you, your doctor, and child-care provider. This information is essential in case your child becomes lost or gets on the wrong bus.

Beverly Houze
Aurora, Ind.

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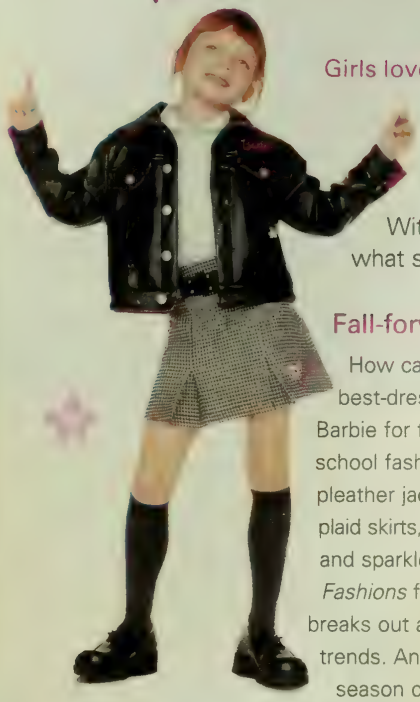
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# Barbie Getting in Style



Girls love to wear fashions and accessories that are hip, fun and on-trend. And who would make a better fashion consultant than Barbie? After all, she started out as a teenage fashion model and always has the inside scoop on what's new. Moms love Barbie, too! In a recent poll, an overwhelming number—97 percent!—said they trust and approve of Barbie products. With the new Barbie fashion and cosmetic lines, your daughter can have what she wants, and you can feel good about it too.

## Fall-forward Fashions

How can a girl make the best-dressed list? Try Barbie for the best back-to-school fashion advice. From pleather jackets to pleated plaid skirts, sequined T-shirts and sparkle denim, *Barbie Fashions* from MB Kids breaks out all the latest trends. And with the holiday season coming up, Barbie helps girls celebrate in splendid sophistication. Barbie fashions, featuring the hottest colors, fabrics, and up-to-the-minute details like embroidery and rhinestones, will make your daughter look—and feel—simply superb.

## On-the-Go Luggage



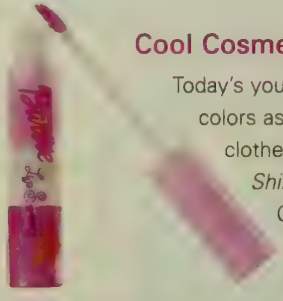
The Friday-night sleepover, the weekend at Grandma's house, the family vacation—so many places to go, so much to do. Your daughter will always arrive in style with *Barbie Luggage* from Pyramid Accessories Inc. No need to worry about the effects of rough handling; these are authentic, quality bags right down to the luggage tags. They're just the right size, too, for all her special things. This season, all eyes will be on Barbie Pink—a signature pattern sure to stand out on a crowded baggage carousel.

## Fun, Fashionable Footwear

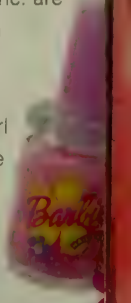


Two of the most trusted names in the world—Barbie and Buster Brown—have joined forces to create a line of quality and fashion-conscious *Barbie Footwear* with an emphasis on good value. Any girl would love to be seen in these great designs. Moms will love the fact that no matter what the occasion—sports, outdoor fun, dress-up or casual—your child will feel comfortable, as well as stylish. And that will have you both walking on air!

## Cool Cosmetic Colors



Today's young girl considers lip and nail colors as important as trend setting clothes and accessories. *Barbie Shimmers* and *Lip Wands* from Cosrich Group, Inc. are available in an assortment of yummy flavors with just a hint of shimmer and shine. For the style-savvy girl who knows that fashion and color are the way to go, Cosrich's *Barbie Nail Colors*, in six cosmic shades, add a touch of sparkle for special occasions. Barbie lip and nail cosmetics are guaranteed to be safe and age-appropriate. And they're ready to go anywhere!



**Win $25,000! Enter the Barbie Style Sweepstakes!**
**One First Prize winner:** A complete makeover for Mom, and a Barbie™ outfit for your daughter. **Entrants qualify for the Grand Prize drawing**: $25,000 towards a home makeover, an expert BH&G interior design consultation and select Barbie™ products. *See ad on pg.231 for Sweepstakes entry form and rules.*



My backpack – see how cute it looks?
Lifts my spirits and my books.



Barbie
STYLE

Suggested retail prices. Available at Kmart.


What do the tropics smell like?
TROPICAL BLOOM
Downy
Like the lush exotic freshness of
Tropical Bloom Downy.

# Top It Off

Go over the edge with fun, stylish valances and cornices. A great topper draws the eye to the window treatment and the view beyond.



To unite the drapery and cornice, topstitch ball fringe to the inner edge of the drapery panels and the lower edge of the tiebacks. Monochromatic colors keep it sophisticated.



**have a ball** Rows of ball fringe give this cornice a look so soft you just want to run your fingers over it. Start with a purchased wooden cornice or build one from 1×4 lumber and plywood. Cover the cornice with muslin, stapling it in place. Starting at the bottom, wrap the end of a piece of fringe around the side of the cornice, across the bottom edge, and to the back at the other side, using a hot-glue gun to attach it. Place a second row of ball fringe just above the first row so the edges are butted against each other and the balls fall in alternate rows. Continue in this manner, packing the fringe tightly so the balls form a chenille-like surface. Note: The cornice shown used approximately 35 yards of ball fringe.

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**hard and soft** A beefy plate rail and frilly dotted Swiss valance give this shuttered window its yin/yang appeal. Fashion the plate rail from a 1×4 cut slightly wider than the window frame and embellished with narrow molding strips on the top and bottom. Add dentil-style molding below the rail to hide the joint. Paint moldings to match the window frame. For the valance, cut scallop-edged dotted Swiss fabric the desired depth by the width of the window, plus 1 inch for every knob and 2 inches for hems. Narrowly hem the upper and side edges. Using a pin, mark the position for each knob. (There will be an extra inch of valance between each knob to create a draped effect.) Turn under the raw end of a strand of cording and topstitch it to the upper edge of the valance using a zigzag stitch. When you reach the point where a knob is positioned, loop the cord up and back down so it forms a hanger. Turn under the other raw end. Hang the valance loops from the knobs.





Glass drawer knobs (either old or reproduction) take the place of Shaker pegs for hanging the valance. Use hanger bolts (double-ended screws) to attach the knobs to the window frame, spacing them about 6 inches apart.

continued on page 28



New Mini Ritz.
Just hatched.




Fill Your Mitz with Mini Ritz.



A gingham check valance adds a graphic contrast to simple floral drapery panels. If desired, cover ball finials with hemmed circles of matching fabric. Tie the covers in place with gimp or cord.

Buying information, page 231

**do it yourself** Scalloped edges give a feeling of movement t this valance, especially when it is tightly shirred. Cut a strip of fabric two to thre times the width of the window by the desired depth, adding ½ inch for sea allowances on all sides. Cut lining to match. Pin pieces, right sides facing Divide the valance width (minus seam allowances) into an even number t determine the width of the scallops. Draw a scallop template on lightweight card board. Transfer the design to the lower edge of the valance. Mark the upper an lower edges of the rod pocket. Sew all edges, leaving an opening at the top fo turning and at each side for the rod pocket. Trim excess fabric from scallope edges and clip the curves and points. Turn the valance to the right side, press and slipstitch the top opening closed. Topstitch between the marks to form th rod pocket. Pin wide double-fold bias tape to the upper edge of the valance an topstitch in place, turning under the raw edges. Pin bias tape to the scallope edge, mitering the upper points. Topstitch. Shirr the valance on the rod.



# Hot flash?




**"When I started menopause, my doctor recommended hormone replacement therapy, HRT, to relieve my hot flashes and prevent bone loss.**

**He said up to 20% of my expected lifetime bone loss could occur in the years right after menopause.* I didn't listen. I shrank an inch in my very first year!†**

**That's when I took his advice and went on HRT. I've been on it for 10 years, and I feel great—I have no hot flashes and I'm protecting my bones."**

**Signs of menopause you may experience:**

- ❒ **Uncomfortable symptoms**
  - Hot flashes
  - Night sweats
  - Vaginal dryness
- ❒ **Mood swings or changes/irritability**
- ❒ **Fatigue**
- ❒ **Interrupted sleep**

Call 1-800-539-2596 now for your FREE Menopause Action Kit to help you live the years ahead with health and vitality.

**Ask your health care provider about hormone replacement therapy.**

*Up to 20% of expected lifetime bone loss occurs in the first 5 to 7 years after menopause.

†This is Lauren's personal experience; not all women have the same experience at menopause.

Lauren Hutton is just one of 17 million women in the U.S. on hormone replacement therapy.

HRT may not be right for all women. There are benefits and risks.
Talk to your doctor. You and your doctor can decide if it is right for you.

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by Catherine Kramer

Try your hand at these fun projects for dressing up pillowcases. Made with either sew or no-sew techniques, they're suitable for everyone's skill level.

# Pillowcase Embellishments

Perk up plain pillow covers with easy-to-apply trims. Ribbons, rickrac buttons, and other embellishments can coordinate unadorned bed line with the accents in your bedroom. Most of the ribbons and bands a applied along the hem seamline, making it easy to keep them straig and even. Sewing the trims in place is the best option, but a bevy no-sew products offer quick and easy alternatives to needle and thre Check fabric stores for fusible ribbon, iron-on tape, and fabric gl Make your life easier by choosing products that are machine-washab If possible, prewash and dry the pillowcase and all the trims; do n prewash fusible products.

continued on page



# WHY THE WORLD THINKS NIVEA Q10 WRINKLE CONTROL IS BETTER.

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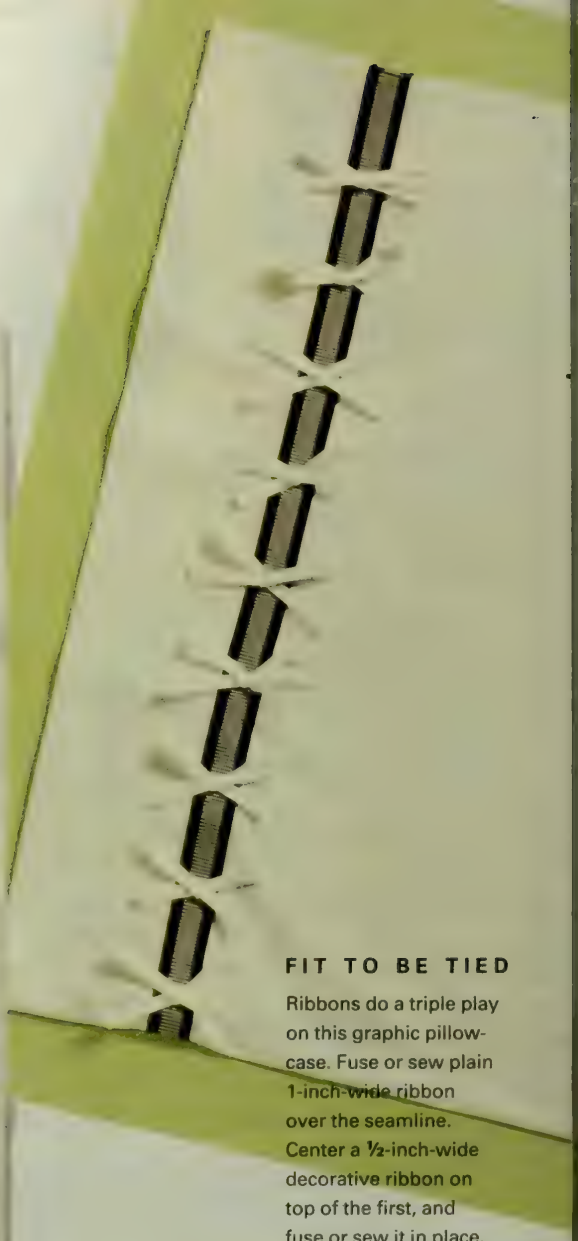
# Pillowcase Embellishments

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## MAKE WAVES

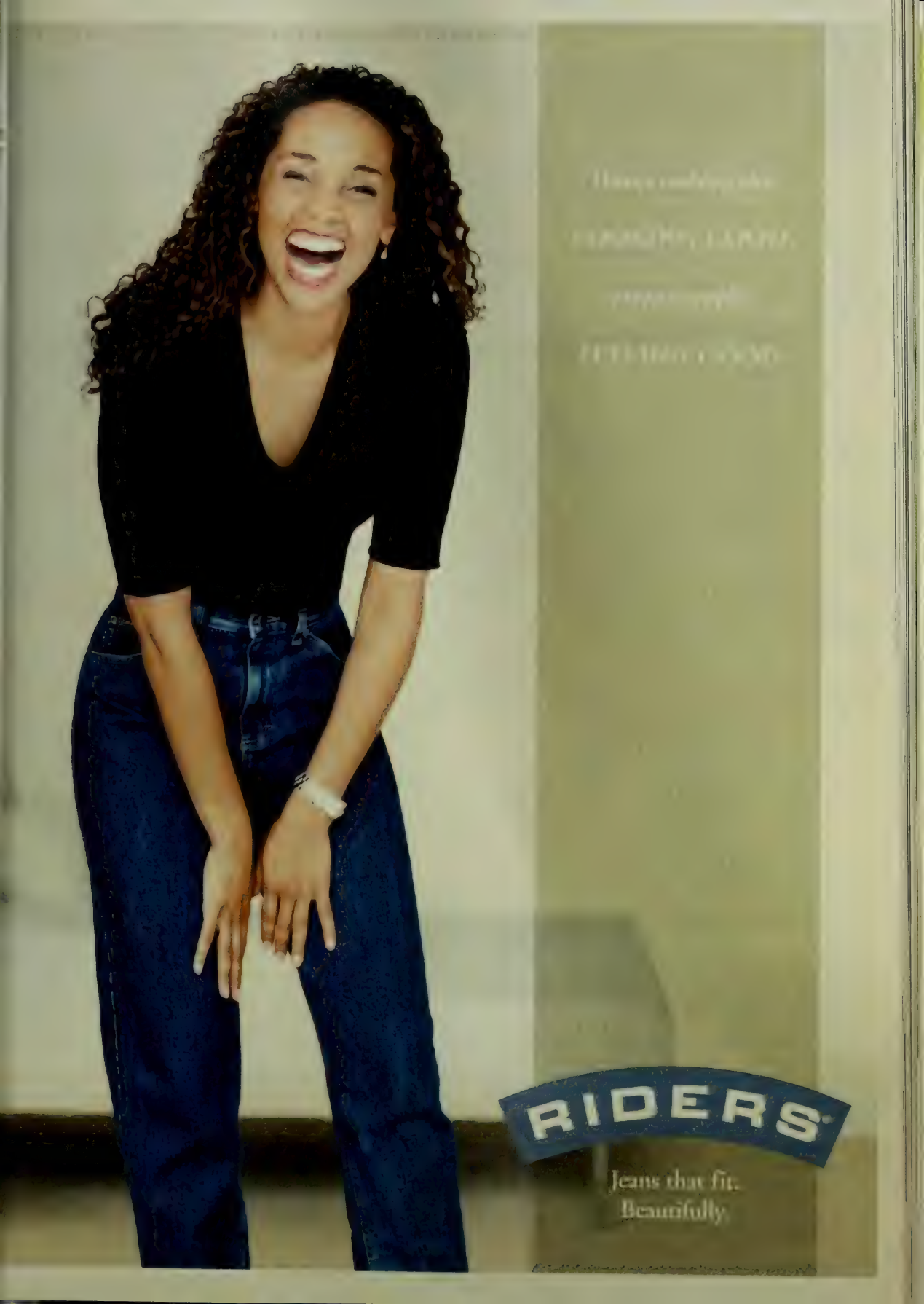
Old-fashioned rickrack looks bold and contemporary when done in sharp black and white. Fuse, sew, or glue one band of jumbo rickrack over the seamline. Working toward the hemline, add a second and third row, spacing each about ¼ inch apart. To add rickrack, sew a straight seam through the middle—there's no need to follow the zigzag. To fuse, apply ¼-inch-wide fusible tape down the middle, following the manufacturer's directions for fusing. To glue rickrack, apply the glue following the zigzag, so all edges are glued down.



## FIT TO BE TIED

Ribbons do a triple play on this graphic pillowcase. Fuse or sew plain 1-inch-wide ribbon over the seamline. Center a ½-inch-wide decorative ribbon on top of the first, and fuse or sew it in place. Make nine bows from ¼-inch-wide ribbon. Glue or tack the bows at the knot so they won't come untied, then glue or tack the bows in place.

continued on page 36


RIDERS
Jeans that fit.
Beautifully.

# Pillowcase Embellishments

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## GRID LUCK

Bands of ribbon form a grid around this plain case. Sew or fuse 1-inch-wide ribbon along the seamline. Measure from the ribbon edge to the hemline. Add three more ribbons, placing them the same distance from the edges as the first ribbon. For the long sides, turn the ends of the ribbon inside the pillowcase, at the opening.

continued on page 39

## GOOD KNOT

Wide, sheer organdy ribbon lends a luxurious touch to a simple pillow. Make five buttonholes in both the front and back of the case, spacing them evenly. Each buttonhole should be half the width of the ribbon. Thread the ribbon through the holes and tie it in a bow. Few organdy ribbons are machine-washable, so remove the ribbon before laundering.




# THINK OF IT AS UPGRADING YOUR CONTACTS.

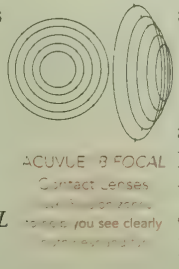
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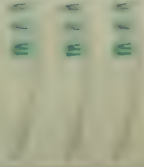




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# Pillowcase Embellishments

continued from page 36



### BUTTONS ON PARADE

A band of buttons brings added style to animal-print ribbon. Sew or fuse the ribbon over the seamline. Select buttons the same width as the ribbon. Sew the buttons in place, evenly spacing them about 1½ inches apart.

Buying information, page 231



### KEEPING TABS

Ribbon tabs give a tailored look to this pillow's edge. Cut 5-inch-long strips of 1½-inch-wide ribbon. Trim one end to a point. Make a buttonhole or cut a slit for the button. Apply fray-checking liquid to all cut edges. Sew the straight edge of the ribbons to the back of the pillowcase, spacing them evenly. Fold tabs to the front of the pillowcase and mark the placement for the buttons. Sew the buttons in place.




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A replica of the artist's prized signature in gold graces the bow of the boat display.

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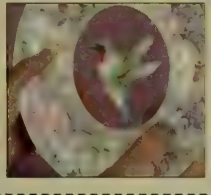



# Hovering Beauty

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by Gina Harrell

# corner offices

**When you need a home office but don't have the room for one, backing yourself into a corner might be your best move.**



## living room

Paying bills, writing letters, and checking e-mails can be a sticky situation at the kitchen table. Instead, slice a space out of the living room by positioning a writing desk behind your sofa. You get a dedicated work space in a comfortable room, plus the desk acts as a sofa table when you choose a piece with graceful lines. Twin lamps provide task lighting for the desk and reading light for the sofa. Shallow desk drawers can hide a laptop when it is not in use. For additional storage, look in import stores and mail order catalogs for clever furniture-looking pieces, such as this wooden box (*left*), or a storage ottoman that holds file folders.

continued on page 46



Closed, this wooden box-on-a-stand (*right*) looks like an end table. But practical interior compartments make it suited for work.


If you're going to have a cookie, have a cookie.
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# A.

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4. Some of the world's shortest care instructions. Sweep or damp mop.
5. A built-in scratch barrier called LusterGard Plus. No other brand's got it.
6. A 25-year Wall-To-Wall Warranty (kind of like having nine lives, but better).
7. With those windows, the fact that it won't fade is especially relevant.
8. 1-800-33-PERGO or www.pergo.com. Ask for the free idea book.
9. Start with actual flooring samples you can order from the web site.
10. About the only question it can't settle is "Which room shall we do first?"

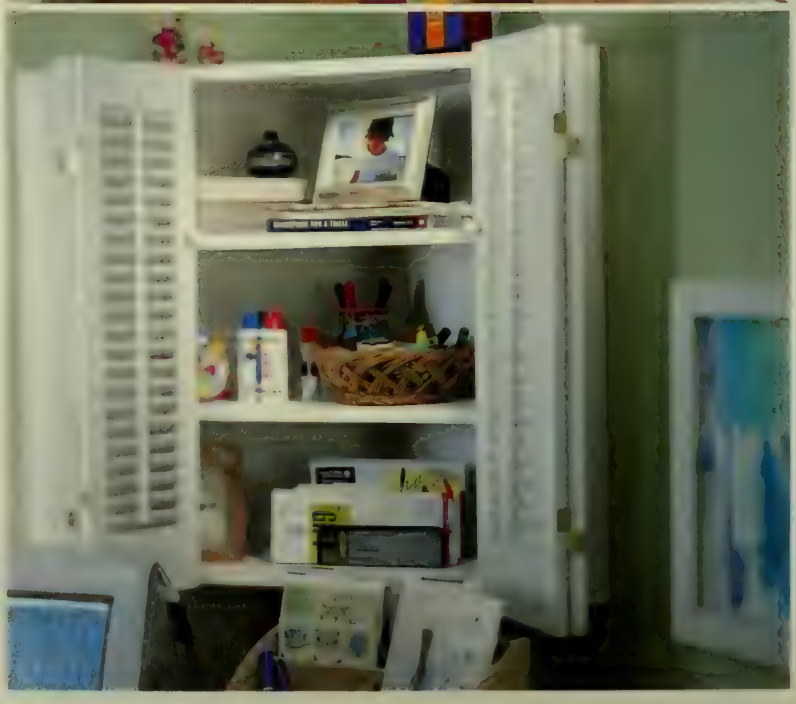
PERGO®

The revolutionary laminate floor from Sweden.

continued from page 42

## family room

In order to keep an eye on the kids and make the computer a handy feature for you as well, don't banish the work space to a faraway place; carve a little corner from your home's hub—the family room. Desks designed for corners give you maximum surface space in a small area. Be sure to place the work space in the corner that receives the least traffic. With curved feet and a distressed painted finish, this desk has a casual, country style that blends well with family furnishings. Open shelving, instead of drawers, provides easy access to supplies. The country theme is continued with a white Windsor-style chair and shuttered shelving.



Office supplies are stored in style inside this build-it-yourself corner shelving unit (*left*). To figure measurements, first find shutters at a home center, and plan to hinge each one to a 2-inch trim piece. Cut and assemble plywood shelving pieces to form a corner box unit that will match the shutter size; bolt the unit to wall studs.

continued on page 48


They'll drink it if they know what's good for them. Chocolate milk has the same 9 essential nutrients as regular milk and is a more nutritious treat than soft drinks. Tell your kids. They're all ears.
got milk?

continued from page 46



## bedroom

If a desk in plain sight is a constant reminder of things to do, tuck your office inside an armoire. Some are made to accommodate computers. Others can be retrofitted. The doors on this armoire were reattached with piano hinges, allowing them to open as far as possible. One closet shelf serves as a desk, and an additional pullout keyboard tray makes the most use of the limited space. Add as many upper shelves as necessary; here, one shelf is enough when topped by partially see-through boxes. Use the inner sides of the doors to hang artwork, bulletin boards, and calendars.

Buying information, page 231

**Make the most of your corner office with these tips:**

- Locate it in a pleasant area of the house so you welcome getting down to work.
- Make the area attractive by using home furnishings and accessories—not office furnishings, which can have hard edges and look "techie."
- Blend the style with the room.
- Provide ample task lighting.
- Clearly label all containers.
- Make every item easily accessible by removing doors or lids.
- Use creative storage—unique containers, baskets, or bins.

For more home office decorating ideas, check out our Web site at www.bhg.com



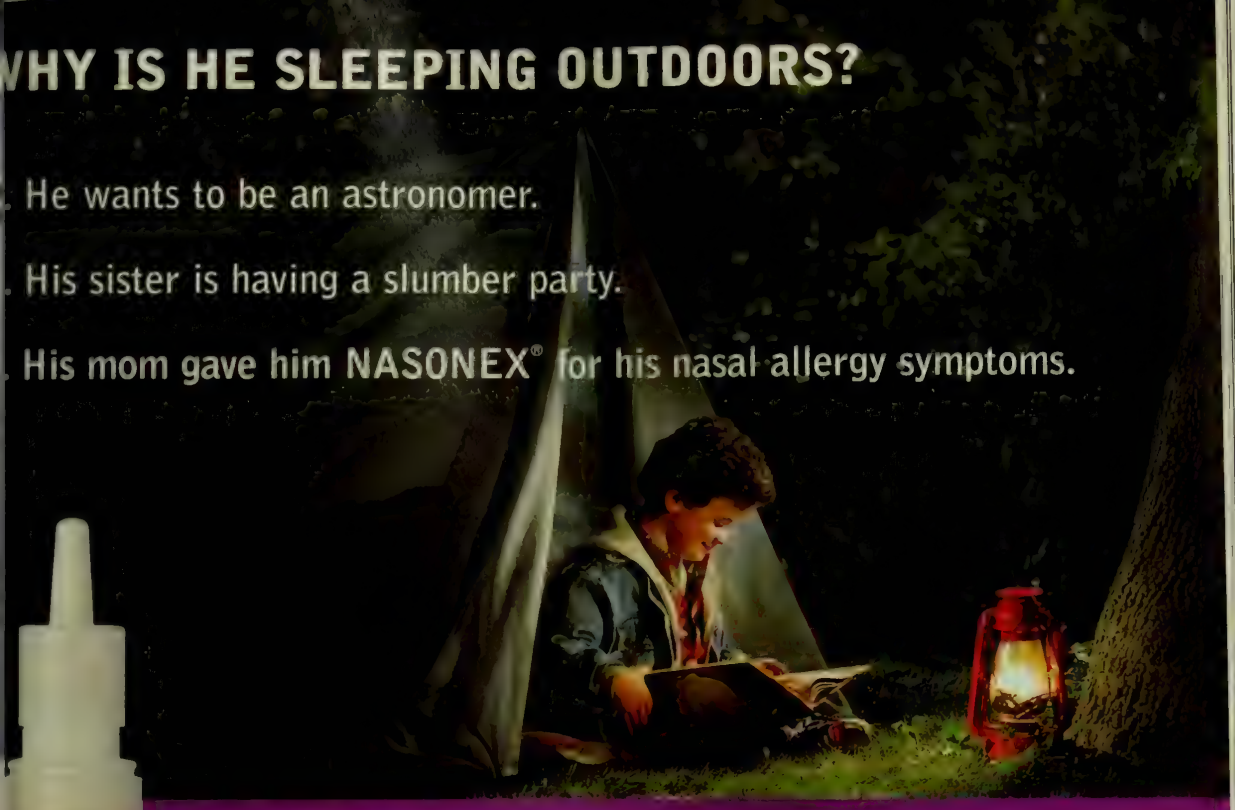
These days, armoires come in every size. For a home office, avoid smaller, compartmentalized entertainment armoires in favor of an extra-tall wardrobe with a single set of doors running top to bottom (*left*). Because of their presumed use, wardrobes are appropriate in master or guest bedrooms, which happen to be quiet, private spaces for productive work.

# WHY IS HE SLEEPING OUTDOORS?

. He wants to be an astronomer.

. His sister is having a slumber party.

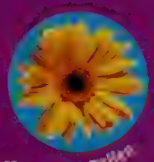
. His mom gave him NASONEX® for his nasal allergy symptoms.





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Nasal Spray, 50 mcg

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# Nasal Spray, 50 mcg*
# FOR INTRANASAL USE ONLY

*calculated on the anhydrous basis

**BRIEF SUMMARY** (For full Prescribing Information, see package insert.) **INDICATIONS AND USAGE** NASONEX Nasal Spray, 50 mcg is indicated for the treatment of the nasal symptoms of seasonal allergic and perennial allergic rhinitis, in adults and pediatric patients 3 years of age and older. NASONEX Nasal Spray, 50 mcg is indicated for the prophylaxis of the nasal symptoms of seasonal allergic rhinitis in adult and adolescent patients 12 years and older. In patients with a known seasonal allergen that precipitates nasal symptoms of seasonal allergic rhinitis, initiation of prophylaxis with NASONEX Nasal Spray, 50 mcg is recommended 2 to 4 weeks prior to the anticipated start of the pollen season. Safety and effectiveness of NASONEX Nasal Spray, 50 mcg in pediatric patients less than 3 years of age have not been established. **CONTRAINDICATIONS** Hypersensitivity to any of the ingredients of this preparation contraindicates its use. **WARNINGS** The replacement of a systemic corticosteroid with a topical corticosteroid can be accompanied by signs of adrenal insufficiency and, in addition, some patients may experience symptoms of withdrawal, ie, joint and/or muscular pain, lassitude, and depression. Careful attention must be given when patients previously treated for prolonged periods with systemic corticosteroids are transferred to topical corticosteroids, with careful monitoring for acute adrenal insufficiency in response to stress. This is particularly important in those patients who have associated asthma or other clinical conditions where too rapid a decrease in systemic corticosteroid dosing may cause a severe exacerbation of their symptoms. If recommended doses of intranasal corticosteroids are exceeded or if individuals are particularly sensitive or predisposed by virtue of recent systemic steroid therapy, symptoms of hypercorticism may occur, including very rare cases of menstrual irregularities, acneiform lesions, and cushingoid features. If such changes occur, topical corticosteroids should be discontinued slowly, consistent with accepted procedures for discontinuing oral steroid therapy. Persons who are on drugs which suppress the immune system are more susceptible to infections than healthy individuals. Chickenpox and measles, for example, can have a more serious or even fatal course in nonimmune children or adults on corticosteroids. In such children or adults who have not had these diseases, particular care should be taken to avoid exposure. How the dose, route, and duration of corticosteroid administration affects the risk of developing a disseminated infection is not known. The contribution of the underlying disease and/or prior corticosteroid treatment to the risk is also not known. If exposed to chickenpox, prophylaxis with varicella zoster immune globin (VZIG) may be indicated. If exposed to measles, prophylaxis with pooled intramuscular immunoglobulin (IG) may be indicated. (See the respective package inserts for complete VZIG and IG prescribing information.) If chickenpox develops, treatment with antiviral agents may be considered. **PRECAUTIONS General:** Intranasal corticosteroids may cause a reduction in growth velocity when administered to pediatric patients (see **PRECAUTIONS, Pediatric Use** section). In clinical studies with NASONEX Nasal Spray, 50 mcg, the development of localized infections of the nose and pharynx with *Candida albicans* has occurred only rarely. When such an infection develops, use of NASONEX Nasal Spray, 50 mcg should be discontinued and appropriate local or systemic therapy instituted if needed. Nasal corticosteroids should be used with caution, if at all, in patients with active or quiescent tuberculous infection of the respiratory tract; or in untreated fungal, bacterial, systemic viral infections, or ocular herpes simplex. Rarely, immediate hypersensitivity reactions may occur after the intranasal administration of mometasone furoate monohydrate. Extreme rare instances of wheezing have been reported. Rare instances of nasal septum perforation and increased intraocular pressure have also been reported following the intranasal application of aerosolized corticosteroids. As with any long-term topical treatment of the nasal cavity, patients using NASONEX Nasal Spray, 50 mcg over several months or longer should be examined periodically for possible changes in the nasal mucosa. Because of the inhibitory effect of corticosteroids on wound healing, patients who have experienced recent nasal septum ulcers, nasal surgery, or nasal trauma should not use a nasal corticosteroid until healing has occurred. Glaucoma and cataract formation was evaluated in one controlled study of 12 weeks' duration and one uncontrolled study of 12 months' duration in patients treated with NASONEX Nasal Spray, 50 mcg at 200 mcg/day, using intraocular pressure measurements and slit lamp examination. No significant change from baseline was noted in the mean intraocular pressure measurements for the 141 NASONEX-treated patients in the 12-week study, as compared with 141 placebo-treated patients. No individual NASONEX-treated patient was noted to have developed a significant elevation in intraocular pressure or cataracts in this 12-week study. Likewise, no significant change from baseline was noted in the mean intraocular pressure measurements for the 139 NASONEX-treated patients in the 12-month study and again, no cataracts were detected in these patients. Nonetheless, nasal and inhaled corticosteroids have been associated with the development of glaucoma and/or cataracts. Therefore, close follow-up is warranted in patients with a change in vision and with a history of glaucoma and/or cataracts. When nasal corticosteroids are used at excessive doses, systemic corticosteroid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, NASONEX Nasal Spray, 50 mcg should be discontinued slowly, consistent with accepted procedures for discontinuing oral steroid therapy. **Information for Patients:** Patients being treated with NASONEX Nasal Spray, 50 mcg should be given the following information and instructions. This information is intended to aid in the safe and effective use of this medication. It is not a disclosure of all intended or possible adverse effects. Patients should use NASONEX Nasal Spray, 50 mcg at regular intervals (once daily) since its effectiveness depends on regular use. Improvement in nasal symptoms of allergic rhinitis has been shown to occur within 11 hours after the first dose based on one single-dose, parallel-group study of patients in an outdoor "park" setting (park study) and one environmental exposure unit (EEU) study and within 2 days after the first dose in two randomized, double-blind, placebo-controlled, parallel-group seasonal allergic rhinitis studies. Maximum benefit is usually achieved within 1 to 2 weeks after initiation of dosing. Patients should take the medication as directed and should not increase the prescribed dosage by using it more than once a day in an attempt to increase its effectiveness. Patients should contact their physician if symptoms do not improve, or if the condition worsens. To assure proper use of this nasal spray, and to attain maximum benefit, patients should read and follow the accompanying Patient's Instructions for Use carefully. Patients should be cautioned not to spray NASONEX Nasal Spray, 50 mcg into the eyes or directly onto the nasal septum. Persons who are on immunosuppressant doses of corticosteroids should be warned to avoid exposure to chickenpox or measles, and patients should also be advised that if they are exposed, medical advice should be sought without delay. **Carcinogenesis, Mutagenesis, Impairment of Fertility:** In a 2-year carcinogenicity study of Sprague Dawley rats, mometasone furoate demonstrated no statistically significant increase of tumors at inhalation doses up to 67 mcg/kg (approximately 3 and 2 times the maximum recommended daily intranasal dose in adults and children, respectively, on a mcg/m² basis). In a 19-month carcinogenicity study of Swiss CD-1 mice, mometasone furoate demonstrated no statistically significant increase in the incidence of tumors at inhalation doses up to 160 mcg/kg (approximately 4 and 3 times the maximum recommended daily intranasal dose in adults and children, respectively, on a mcg/m² basis). At cytotoxic doses, mometasone furoate produced an increase in chromosome aberrations *in vitro* in Chinese hamster ovary-cell cultures in the nonactivation phase but not in the presence of rat liver S9 fraction. Mometasone furoate was not mutagenic in the mouse-lymphoma assay and the *Salmonella/E coli*/mammalian microsome mutation assay, a Chinese hamster lung cell (CHL) chromosomal-aberrations assay, an *in vivo* mouse bone-marrow erythrocyte-micronucleus assay, a rat bone-marrow clastogenicity assay, and the mouse male germ-cell clastogenicity assay. Mometasone furoate also did not induce unscheduled DNA synthesis *in vivo* in rat hepatocytes. In reproductive studies in rats, impairment of fertility was not produced by subcutaneous doses up to 15 mcg/kg (less than the maximum recommended daily intranasal dose in adults on a mcg/m² basis). However, mometasone furoate caused prolonged gestation, prolonged and difficult labor, reduced offspring survival, and reduced maternal body weight gain at doses of 15 mcg/kg. **Pregnancy:** ***Teratogenic Effects: Pregnancy Category C:*** Mometasone furoate caused cleft palate in mice at subcutaneous doses of 60 mcg/kg and above (approximately 2 times the maximum recommended intranasal dose in adults on a mcg/m² basis). Offspring survival was reduced in the 180-mcg/kg group (approximately 4 times the maximum recommended daily intranasal dose in adults on a mcg/m² basis). No such effects were observed at 20 mcg/kg (less than the maximum recommended daily intranasal dose in adults on a mcg/m² basis). In rabbits, mometasone furoate caused flexed front paws at a topical dermal dose of 150 mcg/kg (approximately 3 times the maximum recommended daily intranasal dose in adults on a mcg/m² basis). In rats, mometasone furoate produced umbilical hernia, cleft palate, and delayed ossification at a topical dermal dose of 600 mcg/kg (approximately 30 times the maximum recommended daily intranasal dose in adults on a mcg/m² basis). At 1200 mcg/kg (approximately 60 times the maximum recommended daily intranasal dose in adults on a mcg/m² basis), malformations, umbilical hernias, and delayed ossification were observed in rat pups. In these developmental studies, there were also reductions in maternal body weight gain and effects on fetal growth (lower fetal body weights and delayed ossification) in mice (60 and 180 mcg/kg), rabbits (150 mcg/kg), and rats (600 mcg/kg). In an oral prenatal and postnatal study in rabbits, at 700 mcg/kg, (approximately 70 times the maximum recommended daily nasal dose in adults on a mcg/m² basis), increased incidences of resorptions and malformations, including cleft palate and/or head malformations (hydrocephaly or domed head) were observed. Pregnancy failure was observed in rabbits at 2800 mcg/kg (approximately 270 times the maximum recommended daily intranasal dose in adults on a mcg/m² basis). There are no adequate and well-controlled studies in pregnant women. NASONEX Nasal Spray, 50 mcg, like other corticosteroids, should be used during pregnancy only if the potential benefits justify the potential risk to the fetus. Experience with oral corticosteroids since their introduction in pharmacologic, as opposed to physiologic, doses suggests that rodents are more prone to teratogenic effects from corticosteroids than humans. In addition, because there is a natural increase in corticosteroid production during pregnancy, most women will require a lower exogenous corticosteroid dose and many will not need corticosteroid treatment during pregnancy. **Nonteratogenic Effects:** Hypoadrenalism may occur in infants born to women receiving corticosteroids during pregnancy. Such infants should be carefully monitored. **Nursing Mothers:** It is not known if mometasone furoate is excreted in human milk. Because other corticosteroids are excreted in human milk, caution should be used when NASONEX Nasal Spray, 50 mcg is administered to nursing women. **Pediatric Use:** Controlled clinical studies have shown intranasal corticosteroids may cause a reduction in growth velocity in pediatric patients. This effect has been observed in the absence of laboratory evidence of hypothalamic-pituitary-adrenal (HPA) axis suppression, suggesting that growth velocity is a more sensitive indicator of systemic corticosteroid exposure in pediatric patients than some commonly used tests of HPA axis function. The long-term effects of this reduction in growth velocity associated with intranasal corticosteroids, including the impact on final adult height, are unknown. The potential for "catch up" growth following discontinuation of treatment with intranasal corticosteroids has not been adequately studied. The growth of pediatric patients receiving intranasal corticosteroids, including NASONEX Nasal Spray, 50 mcg, should be monitored routinely (eg, via stadiometry). The potential growth effects of prolonged treatment should be weighed against clinical benefits obtained and the availability of safe and effective noncorticosteroid treatment alternatives. To minimize the systemic effects of intranasal corticosteroids, including NASONEX Nasal Spray, 50 mcg, each patient should be titrated to his/her lowest effective dose. Seven hundred and twenty (720) patients 3 years of age were treated with mometasone furoate nasal spray, 50 mcg (100 mcg total daily dose) in controlled clinical trials. Safety and effectiveness in children less than 3 years of age have not been established. A clinical study has been conducted for one year in pediatric patients (ages 3 to 9 years) to assess the effect of NASONEX Nasal Spray, 50 mcg (100 mcg total daily dose) on growth velocity. No statistically significant effect on growth velocity was observed for NASONEX Nasal Spray, 50 mcg compared to placebo. No evidence of clinically relevant HPA axis suppression was observed following a 30-minute Cosyntropin infusion. The potential of NASONEX Nasal Spray, 50 mcg to cause growth suppression in susceptible patients or when given at higher doses cannot be ruled out. **Geriatric Use:** A total of 203 patients above 64 years of age (age range 64 to 85 years) have been treated with NASONEX Nasal Spray, 50 mcg for up to 3 months. The adverse reactions reported in this population were similar in type and incidence to those reported by younger patients. **ADVERSE REACTIONS** In controlled US and International clinical studies, a total of 3210 adult and adolescent patients aged 12 years and older received treatment with NASONEX Nasal Spray, 50 mcg at doses of 50 to 800 mcg/day. The majority of patients (n = 2103) were treated with 200 mcg/day. In controlled US and International studies, a total of 990 pediatric patients (ages 3 to 11 years) received treatment with NASONEX, 50 mcg, at doses of 25 to 200 mcg/day. The majority of pediatric patients (720) were treated with 100 mcg/day. A total of 513 adult, adolescent, and pediatric patients have been treated for 1 year or longer. The overall incidence of adverse events for patients treated with NASONEX Nasal Spray, 50 mcg was comparable to placebo. Approximately 4 percent or less of patients in clinical trials discontinued treatment because of adverse events; this rate was similar for the vehicle and active comparators. Adverse events (regardless of relationship to treatment) that were more common with NASONEX Nasal Spray, 50 mcg than placebo and were reported by 5% or more of adult and adolescent patients aged 12 years and older who received NASONEX Nasal Spray, 50 mcg, 200 mcg/day (n=2103) vs placebo (n=1671) and by pediatric patients ages 3 to 11 years who received NASONEX Nasal Spray, 50 mcg, 100 mcg/day (n=374) vs placebo (n=376) in clinical trials, were, for NASONEX Nasal Spray, 50 mcg and vehicle placebo, respectively: headache (17-26% vs 18-22%), viral infection (8-14% vs 9-11%), pharyngitis (10-12% vs 10%), rhinostaxis/blood-tinged mucus (8-11% vs 6-9%), coughing (7-13% vs 6-15%), upper respiratory tract infection (5% vs 2-4%), dysmenorrhea (1-5% vs 0-3%), musculoskeletal pain (1-5% vs 1-3%), sinusitis (4-5% vs 3-4%), and vomiting (1-5% vs 1-4%). Other adverse events which occurred in less than 5% but greater than or equal to placebo in mometasone furoate adult and adolescent patients (aged 12 years and older) treated with 200-mcg doses (but less of relationship to treatment), and more frequently than in the placebo group included: arthralgia, asthma, bronchitis, chest pain, conjunctivitis, diarrhea, dyspepsia, earache, flu-like symptoms, myalgia, nausea, and rash. Other adverse events which occurred in less than 5% but greater or equal to 2% of mometasone furoate pediatric patients aged 3 to 11 years treated with 100-mcg doses vs placebo (regardless of relationship to treatment) more frequently than in the placebo group included: diarrhea, nasal irritation, otitis media, and wheezing. Rare cases of nasal ulcers and nasal and oral candidiasis were also reported in patients treated with NASONEX Nasal Spray, 50 mcg, primarily in patients treated for longer than 4 weeks. In postmarketing surveillance of this product, cases of nasal burning and irritation, anaphylaxis and angioedema, and rare cases of nasal septal perforation have been reported. **OVERDOSAGE** There are no data available on the effects of acute or chronic overdosage with NASONEX Nasal Spray, 50 mcg. Because of low systemic bioavailability, and an absence of acute drug-related systemic findings in clinical studies, overdose is unlikely to require any therapy other than observation. Intranasal administration of 16 mg (8 times the recommended dose of NASONEX Nasal Spray, 50 mcg) daily for 29 days, to healthy human volunteers was well tolerated with no increased incidence of adverse events. Single intranasal doses up to 4000 mcg have been studied in human volunteers with no adverse effects reported. Single oral doses up to 8000 mcg have been studied in human volunteers with no adverse effects reported. Chronic overdosage with any corticosteroid may result in signs or symptoms of hypercorticism (see **PRECAUTIONS**). Acute overdosage with this dosage form is unlikely since one bottle of NASONEX Nasal Spray, 50 mcg contains approximately 8500 mcg of mometasone furoate.

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## reader shopping







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# Hardworking Pantries

Pantries are fashionable again. No longer dark, stuffy little rooms where nonperishables are hidden away, pantries have become eminently practical storage and work spaces located next to kitchens or dining areas. Accoutrements include everything from refrigerators to gardening stations, depending upon your needs. It's even a fine spot to hide that extra dishwasher. Let's take a peek. continued on page 54



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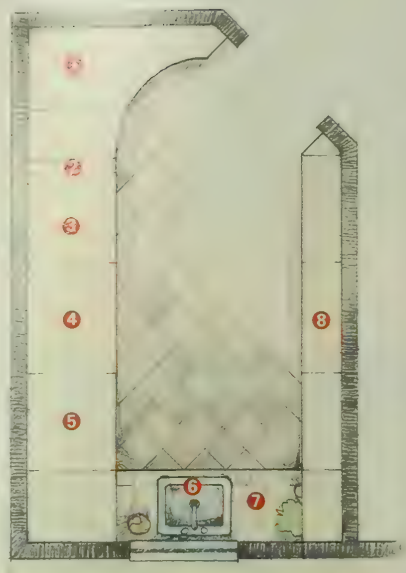
## Stairway to storage

Inviting curves give a friendly yet functional twist to Donna and Howard Seegar's pantry in Temecula, California. The shape—14×9×10 feet—provides a good base to install a track-and-ladder system (also shown on *page 52*), which runs on both sides of the room and puts the pantry's highest points within easy reach.

"Most pantries usually have shelves built no more than 7 feet high because that's the maximum height people can safely reach with a step stool. This pantry is 10 feet in height, allowing nearly 3 extra feet of additional storage," explains the kitchen's designer, Dawn Sullivan. These high-reach spaces are used to stow seldom-used, larger serving pieces and seasonal items.

The ladder is fabricated of stainless steel so it's strong but also light enough to easily slide and tuck away when not in use.

continued on page 56

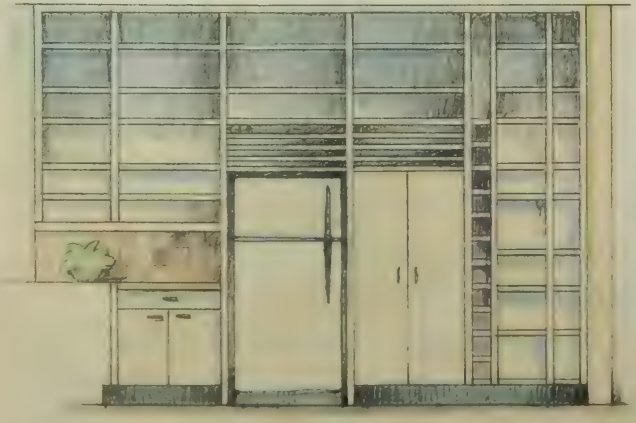





Customized storage niches abound in the Seegar pantry:
[1] Open shelving for extra-large cookware and cookbooks; taller bottled nonperishables, such as sauces and oils; and bulky, boxed items, such as garbage bags
[2] Vertical wine rack with individual cubbies
[3] Broom-and-supplies closet hidden behind double doors
[3, 4] Horizontal storage for trays and platters

More than just a storage facility, the pantry was designed as a pleasant work space. A window provides natural light and ventilation. Features that make the center hardworking include:
[4] Refrigerator/freezer filled with perishable ingredients
[5] Baking center (*left*), outfitted with a pullout work board, mixer, and cookbooks
[6] Sink
[7] Dishwasher

[8] The generous pantry shelving (*below right*) on the opposite side of the room allows the couple to buy staples in bulk, eliminating those last minute trips to the store. Donna also routinely checks her shelves, because many dry goods have a surprisingly short shelf life.

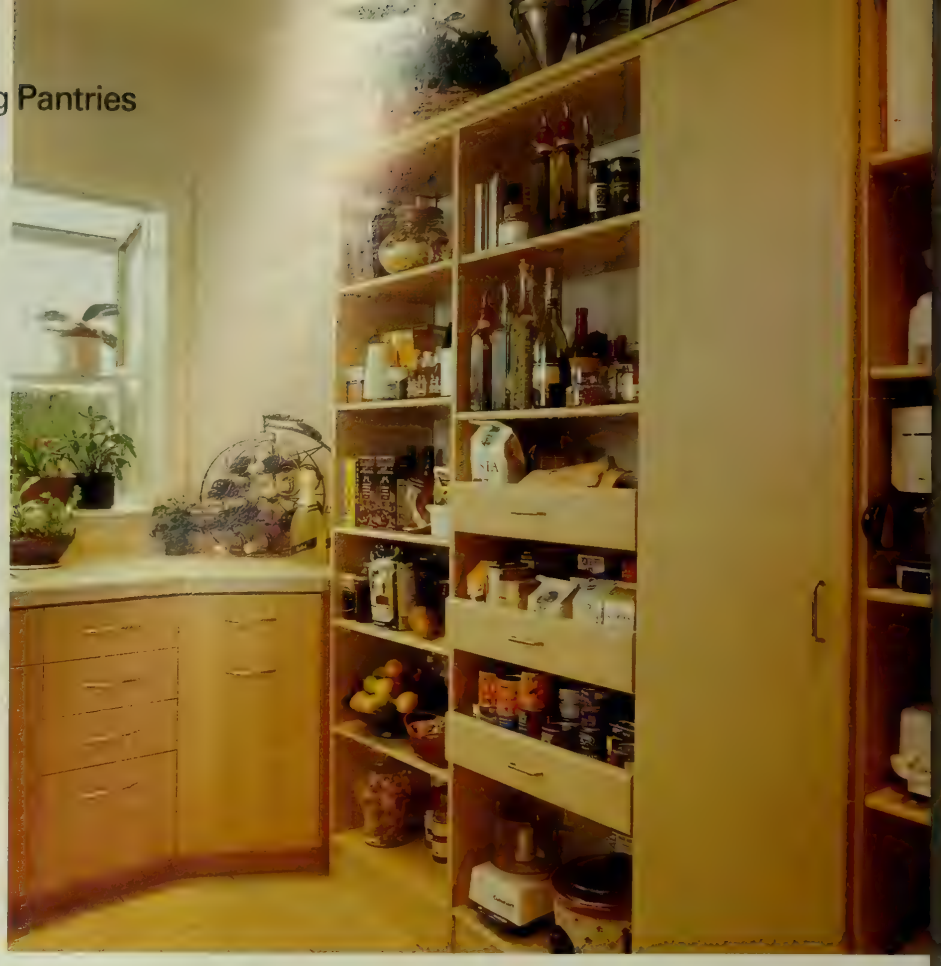





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# Hardworking Pantries

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Carol and Jan McCabe's pantry is entered from the hall adjacent to the kitchen, instead of directly from the kitchen. This change in room opening minimizes interruptions for the catering staff while they work during parties.

## Catering room plus

Carol and Jan McCabe of Portland, Oregon, dubbed their airy pantry-style room next to the kitchen "the catering room." It was designed as a space for caterers to prepare, serve, and clean up from parties.

Amenities in the room include:

[1] Refrigerator

[2] Freezer

[3] Rolling cart that can be taken to other rooms

[4] Garden window, where Carol grows herbs

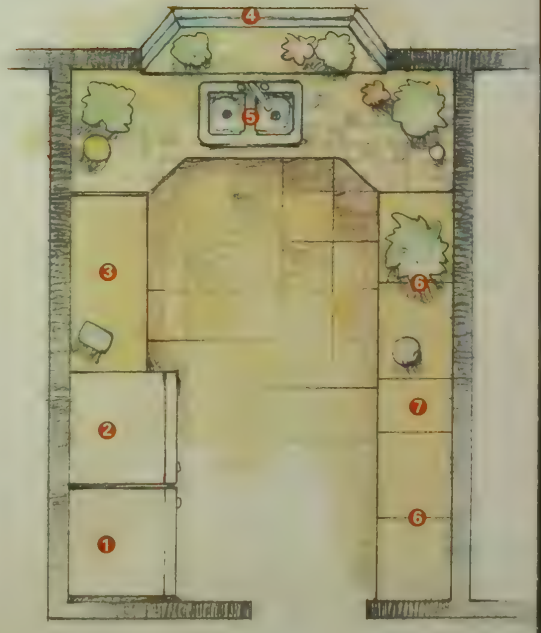
[5] Sink with drawer storage underneath housing Carol's flower-arranging supplies and some linens

[6] Open storage

[7] Broom closet, complete with electrical outlet to keep the cordless vac plugged in and charged

Like most serious cooks, the McCabes have accumulated a vast collection of cooking equipment. "We really

continued on page 60



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# 5 Back-to-School Tips

## from Dannon Natural Spring Water

**Summer may be over but the heat's not off. Those first few days back to school can be stifling. Teach your kids to keep cool and replenish their bodies with nature's fuel by drinking lots of Dannon Natural Spring Water between classes and especially before, during, and after sports.**



### DRINK WATER OFTEN

School-age children lose two or more quarts of water a day, and by the time they're thirsty, they are actually dehydrated. Water helps joints work, brains function, muscles relax, and stomachs digest. Remind your kids to take a Dannon Natural Spring Water break every 15 to 20 minutes, especially if they are playing outdoors.

### THE BEST EXAMPLE

Kids tend to pick up on their parents' habits, so set a healthy example. Drink water throughout the day and your kids will too!



### TAKE A CHILL SIP

Before your kids run out to play, show them how to make a chilled bottle of Dannon Natural Spring Water to go. Pour out a small amount of water, screw the bottle-top back on tightly, and lay the bottle on its side in the freezer. You'll soon have a bottle that provides icy cold sips for hours. Your kids will also learn that water expands when frozen. Pouring out a little bit from the bottle before freezing and turning it on its side gives the liquid room to expand without breaking the plastic bottle.



### ON THE ROAD

If your children use a bike to get to school or to after school activities, mount a bottle holder on the frame so they can easily slip in a bottle of Dannon Natural Spring Water and take it along for the ride. Dannon Natural Spring Water is truly more refreshing and healthier than soda or juice with sugar and artificial colors and flavors.



### WITHIN REACH

Because kids are always on the go, Dan Natural Spring Water comes in an 11 "kid-size" bottle that fits easily into b packs and lunchboxes. Easy to carry, ta a sip is just a reach away.

### KEEP IT NATURAL

Dannon Natural Spring Water co from high-quality, protected springs. T it's bottled with minimal processing. T why you can trust Dannon Natural Sp Water to refresh you and your fa anywhere, anytime.




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Need replenishment? More spring in your step? There's a pure, healthy way to replenish the whole family. Dannon Natural Spring Water. It has the purity of natural spring water from protected springs. With essential natural minerals in every bottle and all the goodness you've come to expect from Dannon. It makes vitality a reality. Every day.
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New
Just for kids, Dannon Fluoride To Go.

# Hardworking Pantries

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Carol says, "Our pantry was designed so it will work as we age. All of the drawers pull way out so we can reach the things in back. We also made the drawer fronts only half height to easily see the contents without opening the drawer."

needed a place to put our electrical appliances, such as food processors, grinders, and fryers. We needed storage that would easily accommodate a wide range of sizes," says Carol. The equipment was formerly housed—very inconveniently—in the garage. But now, with open shelving that measures only 12 inches deep, it's easy for Carol or Jan to have any appliance on hand.

When Carol is not working in the pantry, Jan can be found there preparing meat for future grilling. "I like to do it all myself and put it right into the freezer, which is also in the room. If I have to stop to attend to something or someone, I can close the door and keep everything out of view," says Jan.

## PANTRY PLACEMENT

The ideal location for a pantry is in or near the kitchen, but environmental conditions also are important. Here are points to consider before building your pantry.

- Pantries should be dry. Many types of food, such as sugar, flour, pasta, crackers, and other loose, dry foods, are adversely affected by high humidity.
- Pantries should be cool. Many foods deteriorate faster in warmer temperatures. Locate cabinets or shelving for food storage on cool outside walls, near shaded north-facing windows. Avoid placing a pantry near sources of heat, including ranges, ovens, and radiators.
- Keep your pantry dark when storing foods in glass containers, because many foods are light-sensitive. If your pantry has a window, include a room-darkening curtain.

Buying information, page 231


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# easy-access design



by James A. Hufnagel

A wide-arched entry with double doors and an almost invisible slope creates an elegant welcome at Jim Passe's home in Raleigh, North Carolina. With no steps to climb, the entry is as easily accessed by family and friends as it is by Jim, who uses a wheelchair. Such practical ideas (called "universal design" because many make sense for anyone, young or old) incorporated throughout the home could be used anywhere comfortable, seamless features are desired. So stop stretching and straining, and give a little forethought to accessibility.

continued on page 64





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# Easy-Access Design

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**1. At the center** of the culinary action is an island with two refrigerator drawers and a side-hinged oven. A shelf under the oven stows pots and pans. Under the shelf, an "electric dustpan" whisks crumbs into a central vacuum system.

As a gourmet cook, Jim knew he wanted a professional kitchen that works regardless of a person's size, posture, or mobility.





**2. Height variety** in countertops and cooking surfaces—such as this pair of low burners—lets tall and short people work in the same kitchen. Soups simmer in kettles on these 19-inch-high burners, located across from the island's cooktop. "With a standard countertop, I couldn't see down into those deep pots," Jim explains.

**3. A six-burner** range-and-grill unit has easy-grab front-mount knobs. To make room for Jim's chair, a setback space has been created under the cooktop. Drawer storage is within arm's reach to the left of the range, while a stainless-steel sink and a rollout waste container are on the right.

continued on page 6

CHICKEN AND SHRIMP LIMONE & PINOT GRIGIO



SOME OF ITALY'S GREATEST MARRIAGES

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Olive Garden
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*you're Family.*®

# Easy-Access Design

continued from page 64







## Jim planned his home to meet some of his specific needs and desires but the design suits people with diverse abilities.

**4. A narrow** slide-out pantry angled next to the refrigerator accommodates both tall and short people. Stainless-steel cabinet handles are used here and throughout the kitchen. "If I can grab onto something, it's easier to move around in a small space," Jim says.

**5. "This handy** drawer was born out of necessity," Jim says. "When I was unpacking things for the kitchen, I realized I had no place for silverware. The cabinet builder suggested this very handy and functional storage unit."



**6. Slide-away** doors and offset plumbing under the sink make room for a wheelchair, while leaving an easy-to-reach spot for cleaning supplies. A raised counter behind the sink keeps guests from seeing dirty dishes.

**7. The stainless-** steel dishwashe is positioned at an angle between the cooktop and sink. It's raised several inches t facilitate loading and unloading— a universal design feature that helps people who are unable to or don't want to bend.

continued on page 6


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## Easy-Access Design

continued from page 66

Bathrooms pose a special challe
for disabled users because
must be enough room to maneuver a




**8. In the shower,** a functional yet handsome faucet has two easy-to-grasp controls. One sets the temperature, the other turns the water on and off—so it's always at a comfortable setting. The shower has two of these fittings.



**9. Universal** design, sunshine, and style come together with this easy-access tub surrounded by granite tile and tucked into a corner of windows. Sturdy grab bars are positioned for those who need a steady anchor. The faucet set and handshower spray are placed so they can be operated from outside and inside the tub.

continued on page 70



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# Easy-Access Design

continued from page 69

**10. The shower** has adjustable heads on either side of a stalactite post, so the space can be used by a person who is either seated or standing. The shower needs no door because a sloped floor directs water right to the drain.

**11. By opening** doors under the protruding European-style pedestal lavatories, Jim can wheel right up and operate the faucet set. Instead of hanging a conventional mirror at a low height, he chose to have the entire vanity wall covered with mirror glass.


10

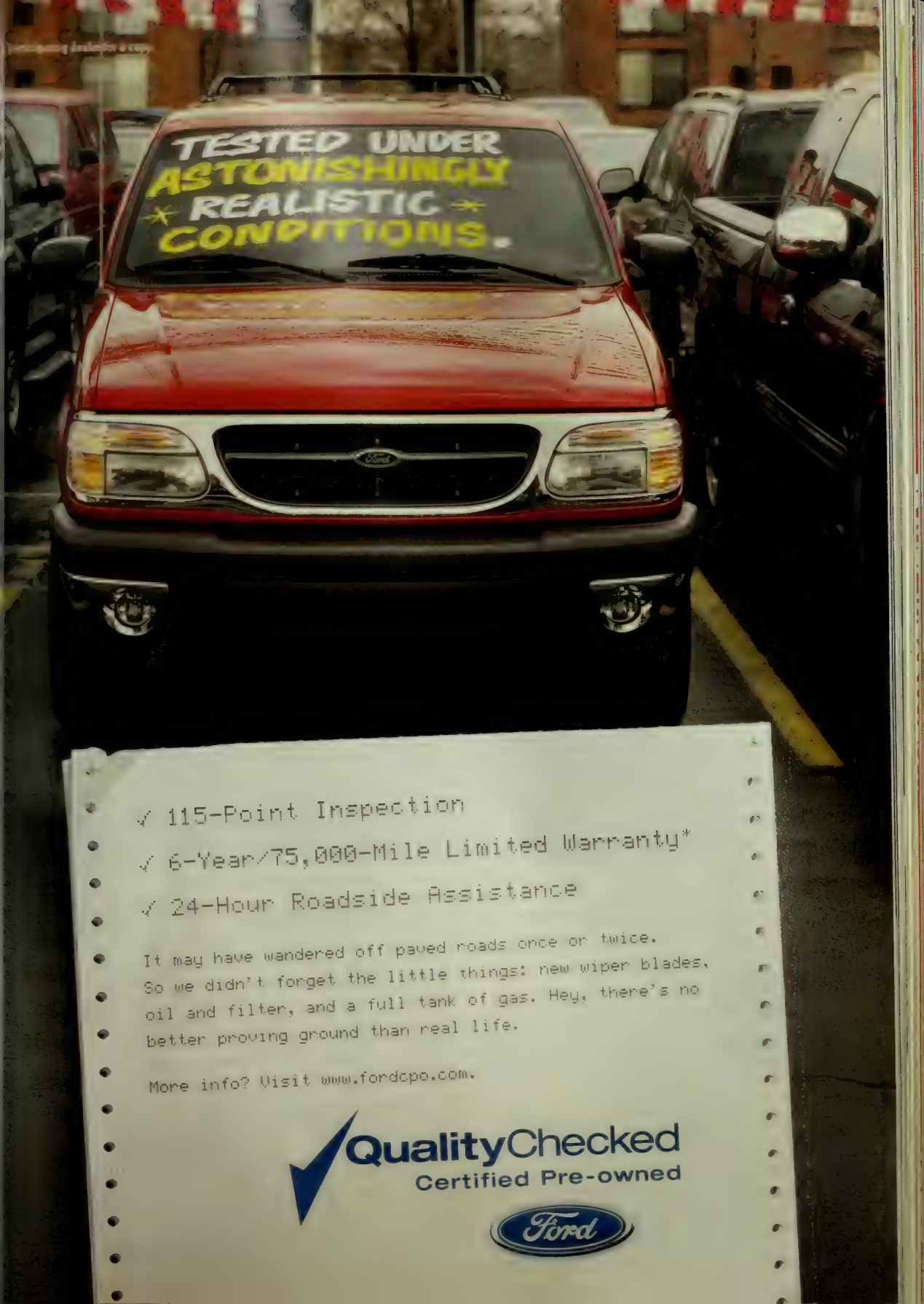
A slight slope in the shower compartment keeps water from spilling into the rest of the room without using a raised ledge.


11


12

**12. As with the** front door, a gently sloped entrance from th garage has a wide opening and a low threshold to eas access without any need for a space-eating wheelchair ram Before removin a threshold, check your local building codes for height requirements.

Buying information, page 231




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# beyond basic beige

**Given:** one monochromatic living room with beige-upholstered furniture.

**Goal:** one monochromatic living room with beige-upholstered furniture and extraordinary eye appeal.



Sound simple? You bet. To add eye appeal to a beige room, start at the top. Introduce an interesting shape at the upper wall—below the crown molding or above the windows. Old or reproduction iron construction stars are a stand-out when silhouetted against white walls. But any kind of architectural fragment or even a painted-on stencil would work as well. Now inch down the walls and bring nubby or rough-wood texture to the windows. Bamboo shades, woven-wood blinds, or wooden shutters provide a nice counterpoint to the room's soft seating. Next, overlap materials for layered texture: Palm fronds splay out against the walls and windows for a 3-D effect. Other possibilities include a pedestal

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A candlestick lamp is proof that detailing makes the difference. The softly pleated beige silk lampshade is banded with a sophisticated but understated border of silver-gray silk. Just below the shade, swags of brass beads accented with long, amethyst crystal drops add shimmering elegance to the rugged pewter base.



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easonal allergies can make you feel miserable. Only once-daily Allegra 180 mg tablets have fexofenadine for g lasting, non-drowsy allergy relief, so you can feel more like yourself again. For people 12 and older. Side ects with Allegra 180mg are low and may include headache, upper respiratory tract infection and back n. Please see additional important information on the next page. 1-800-ALLEGRA www.allegra.com ll your doctor or pharmacist now for more information.

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Brief Summary of Prescribing Information as of November 2000

# ALLEGRA
## (fexofenadine hydrochloride)
**Capsules and Tablets**

**INDICATIONS AND USAGE**

**Seasonal Allergic Rhinitis**

ALLEGRA is indicated for the relief of symptoms associated with seasonal allergic rhinitis in adults and children 6 years of age and older. Symptoms treated effectively were sneezing, rhinorrhea, itchy nose/palate/throat, itch, watery red eyes.

**Chronic Idiopathic Urticaria**

ALLEGRA is indicated for treatment of uncomplicated skin manifestations of chronic idiopathic urticaria in adults and children 6 years of age and older. It significantly reduces pruritus and the number of wheals.

**CONTRAINDICATIONS**

ALLEGRA is contraindicated in patients with known hypersensitivity to any of its ingredients.

**PRECAUTIONS**

**Drug Interaction with Erythromycin and Ketoconazole**

Fexofenadine hydrochloride has been shown to exhibit minimal clinical metabolism. However, co-administration of fexofenadine hydrochloride with ketoconazole and erythromycin led to increased plasma levels of fexofenadine hydrochloride. Fexofenadine hydrochloride had no effect on the pharmacokinetics of erythromycin and ketoconazole in two separate studies. Fexofenadine hydrochloride 120 mg twice daily (two times the recommended twice daily dose) was co-administered with erythromycin 500 mg every 8 hours or ketoconazole 400 mg once daily under steady-state conditions to normal, healthy volunteers (n=24, each study). No differences in adverse events or QT interval were observed when patients were administered fexofenadine hydrochloride alone or in combination with erythromycin or ketoconazole. The findings of these studies are summarized in the following table:

**Effects on steady-state fexofenadine hydrochloride pharmacokinetics after 7 days of co-administration with fexofenadine hydrochloride 120 mg every 12 hours (two times the recommended twice daily dose) in normal volunteers (n=24)**

| Concomitant Drug | $C_{max ss}$ (Peak plasma concentration) | $AUC_{ss(0-12h)}$ (Extent of systemic exposure) |
|---|---|---|
| Erythromycin (500 mg every 8 hrs) | +82% | +109% |
| Ketoconazole (400 mg once daily) | +135% | +164% |

The changes in plasma levels were within the range of plasma levels achieved in adequate and well-controlled clinical trials.

The mechanism of these interactions has been evaluated in *in vitro*, *in situ*, and *in vivo* animal models. These studies indicate that ketoconazole or erythromycin co-administration enhances fexofenadine gastrointestinal absorption. *In vivo* animal studies also suggest that in addition to increasing absorption, ketoconazole decreases fexofenadine hydrochloride gastrointestinal secretion, while erythromycin may also decrease biliary excretion.

**Drug Interactions with Antacids**

Administration of 120 mg of fexofenadine hydrochloride (2 x 60 mg capsule) within 15 minutes of an aluminum and magnesium containing antacid (Maalox®) decreased fexofenadine AUC by 41% and $C_{max}$ by 43%. ALLEGRA should not be taken closely in time with aluminum and magnesium containing antacids.

**Carcinogenesis, Mutagenesis, Impairment of Fertility**

The carcinogenic potential and reproductive toxicity of fexofenadine hydrochloride were assessed using terfenadine studies with adequate fexofenadine hydrochloride exposure (based on plasma area-under-the-concentration vs. time [AUC] values). No evidence of carcinogenicity was observed in an 18-month study in mice and in a 24-month study in rats at oral doses up to 150 mg/kg of terfenadine (which led to fexofenadine exposures that were respectively approximately 3 and 5 times the exposure from the maximum recommended daily oral dose of fexofenadine hydrochloride in adults and children).

*In vitro* (Bacterial Reverse Mutation, CHO/HGPRT Forward Mutation, and Rat Lymphocyte Chromosomal Aberration assays) and *in vivo* (Mouse Bone Marrow Micronucleus assay) tests of fexofenadine hydrochloride revealed no evidence of mutagenicity.

In rat fertility studies, dose-related reductions in implants and increases in postimplantation losses were observed at an oral dose of 150 mg/kg of terfenadine (which led to fexofenadine hydrochloride exposures that were approximately 3 times the exposure of the maximum recommended daily oral dose of fexofenadine hydrochloride in adults).

**Pregnancy**

**Teratogenic Effects: Category C.** There was no evidence of teratogenicity in rats or rabbits at oral doses of terfenadine up to 300 mg/kg (which led to fexofenadine exposures that were approximately 4 and 31 times, respectively, the exposure from the maximum recommended daily oral dose of fexofenadine in adults). There are no adequate and well-controlled studies in pregnant women. Fexofenadine should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

**Nonteratogenic Effects.** Dose-related decreases in pup weight gain and survival were observed in rats exposed to an oral dose of 150 mg/kg of terfenadine (approximately 3 times the maximum recommended daily oral dose of fexofenadine hydrochloride in adults) based on comparison of fexofenadine hydrochloride AUCs.

**Nursing Mothers**

There are no adequate and well-controlled studies in women during lactation. Because many drugs are excreted in human milk, caution should be exercised when fexofenadine hydrochloride is administered to a nursing woman.

**Pediatric Use**

The recommended dose in patients 6 to 11 years of age is based on cross-study comparison of the pharmacokinetics of ALLEGRA in adults and pediatric patients and on the safety profile of fexofenadine hydrochloride in both adult and pediatric patients at doses equal to or higher than the recommended doses.

The safety of ALLEGRA tablets at a dose of 30 mg twice daily has been demonstrated in 438 pediatric patients, 6 to 11 years of age in two placebo-controlled 2-week seasonal allergic rhinitis trials. The safety of ALLEGRA for the treatment of chronic idiopathic urticaria in patients 6 to 11 years of age is based on cross-study comparison of the pharmacokinetics of ALLEGRA in adult and pediatric patients and on the safety profile of fexofenadine in both adult and pediatric patients at doses equal to or higher than the recommended dose.

The effectiveness of ALLEGRA for the treatment of seasonal allergic rhinitis in patients 6 to 11 years of age was demonstrated in one trial (n=411) in which ALLEGRA tablets 30 mg twice daily significantly reduced total symptom scores compared to placebo, along with extrapolation of demonstrated efficacy in patients ages 12 years and above and the pharmacokinetic comparisons in adults and children. The effectiveness of ALLEGRA for the treatment of chronic idiopathic urticaria in patients 6 to 11 years of age is based on an extrapolation of the demonstrated efficacy of ALLEGRA in adults, pathophysiology and the clinical effect are substantially similar in children and adult patients.

The safety and effectiveness of ALLEGRA in pediatric patients under 6 years of age have not been established.

**Geriatric Use**

Clinical studies of ALLEGRA tablets and capsules did not include sufficient numbers of subjects aged 65 years and over to determine whether this population responds differently from younger patients. Other reported clinical experience has not identified differences in responses between the elderly and younger patients. This drug is known to be substantially excreted by the kidney, and the risk of toxic reactions to this drug may be greater in patients with impaired renal function. Because elderly patients are more likely to have decreased renal function, care should be taken in dose selection, and it may be useful to monitor renal function. (See CLINICAL PHARMACOLOGY.)

**ADVERSE REACTIONS**

**Seasonal Allergic Rhinitis**

**Adults** In placebo-controlled seasonal allergic rhinitis trials in patients 12 years of age and older who received fexofenadine hydrochloride in doses of 20 to 240 mg, those adverse events which fexofenadine hydrochloride and placebo treated patients were reported by greater than 1% of the recommended daily dose of fexofenadine hydrochloride capsules (twice daily) and that were more frequent on fexofenadine hydrochloride than placebo are listed in the following table. In a placebo-controlled clinical study, which included 570 patients aged 12 years and older, fexofenadine hydrochloride tablets at doses of 30 mg twice daily, adverse events were similar to those in placebo-treated patients. Table 1 lists adverse events which were reported by greater than 2% of patients treated with fexofenadine hydrochloride tablets at twice the dose of fexofenadine hydrochloride tablets at twice the dose and were more common with fexofenadine hydrochloride than placebo. The incidence of adverse events was not dose-related and was similar with respect to gender, and race.

**Table 1**
**Adverse experiences in patients ages 12 years and older reported in placebo-controlled seasonal allergic rhinitis clinical trials in the United States**
**Twice daily dosing with fexofenadine capsules at rates of greater than 1%**

| Adverse experience | Fexofenadine 120 mg twice daily (n=671) | Placebo twice daily (n=671) |
|---|---|---|
| Viral Infection (cold, flu) | 2.5% | 1.5% |
| Nausea | 2.0% | 1.5% |
| Dysmenorrhea | 1.3% | 0.3% |
| Drowsiness | 1.1% | 0.9% |
| Dyspepsia | 1.1% | 0.6% |
| Fatigue | 1.1% | 0.9% |

**Once daily dosing with fexofenadine hydrochloride tablets at rates of greater than 2%**

| Adverse experience | Fexofenadine 180 mg once daily (n=283) | Placebo (n=293) |
|---|---|---|
| Headache | 10.6% | 7.5% |
| Upper Respiratory Tract Infection | 3.2% | 3.1% |
| Back Pain | 2.8% | 1.4% |

The frequency and magnitude of laboratory abnormalities were similar in fexofenadine hydrochloride and placebo-treated patients.

**Pediatric.** Table 2 lists adverse experiences in patients aged 6 to 11 years of age which were reported by greater than 2% of patients treated with fexofenadine hydrochloride tablets at a dose of 30 mg twice daily in placebo-controlled seasonal allergic rhinitis studies in the United States and Canada that were more common with fexofenadine hydrochloride than placebo.

**Table 2**
**Adverse experiences reported in placebo-controlled seasonal allergic rhinitis studies in pediatric patients ages 6 to 11 in the United States and Canada at rates of greater than 2%**

| Adverse experience | Fexofenadine 30 mg twice daily (n=209) | Placebo (n=229) |
|---|---|---|
| Headache | 7.2% | 6.6% |
| Accidental Injury | 2.9% | 1.3% |
| Coughing | 3.8% | 1.3% |
| Fever | 2.4% | 0.9% |
| Pain | 2.4% | 0.4% |
| Otitis Media | 2.4% | 0.0% |
| Upper Respiratory Tract Infection | 4.3% | 1.7% |

**Chronic Idiopathic Urticaria**

Adverse events reported by patients 12 years of age and older in placebo-controlled chronic idiopathic urticaria studies were similar to those reported in placebo-controlled seasonal allergic rhinitis studies. In placebo-controlled chronic idiopathic urticaria clinical trials which included 726 patients 12 years of age and older receiving fexofenadine hydrochloride tablets at doses of 20 to 240 mg twice daily, adverse events were similar in fexofenadine hydrochloride and placebo-treated patients. Table 3 lists adverse experiences in patients aged 12 years and older which were reported by greater than 2% of patients treated with fexofenadine hydrochloride 60 mg tablets twice daily in controlled clinical studies in the United States and Canada and that were more common with fexofenadine hydrochloride than placebo. The safety of fexofenadine hydrochloride in the treatment of chronic idiopathic urticaria in pediatric patients 6 to 11 years of age is based on the safety profile of fexofenadine hydrochloride in adults and adolescent patients at doses equal to or higher than the recommended dose (see Pediatric Use).

**Table 3**
**Adverse experiences reported in patients 12 years and older in placebo-controlled chronic idiopathic urticaria studies in the United States and Canada at rates of greater than 2%**

| Adverse experience | Fexofenadine 60 mg twice daily (n=186) | Placebo (n=178) |
|---|---|---|
| Back Pain | 2.2% | 1.1% |
| Sinusitis | 2.2% | 1.1% |
| Dizziness | 2.2% | 0.6% |
| Drowsiness | 2.2% | 0.0% |

Events that have been reported during controlled clinical trials involving seasonal allergic rhinitis and chronic idiopathic urticaria patients with incidences less than 1% and similar to placebo and have been rarely reported during postmarketing surveillance include: insomnia, nervousness, and sleep disorders or paroniria. In rare cases rash, urticaria, pruritus and hypersensitivity reactions with manifestations such as angioedema, chest tightness, dyspnea, flushing and systemic anaphylaxis have been reported.

**OVERDOSAGE**

Reports of fexofenadine hydrochloride overdose have been infrequent and contain limited information. However, dizziness, drowsiness and dry mouth have been reported. Single doses of fexofenadine hydrochloride up to 800 mg (six normal volunteers at this dose level), and doses up to 690 mg twice daily for 1 month (three normal volunteers at this dose level) or 240 mg once daily for 1 year (234 normal volunteers at this dose level) were administered without the development of clinically significant adverse events as compared to placebo.

In the event of overdose, consider standard measures to remove any unabsorbed drug. Symptomatic and supportive treatment is recommended.

Hemodialysis did not effectively remove fexofenadine hydrochloride from blood (11% removed) following terfenadine administration.

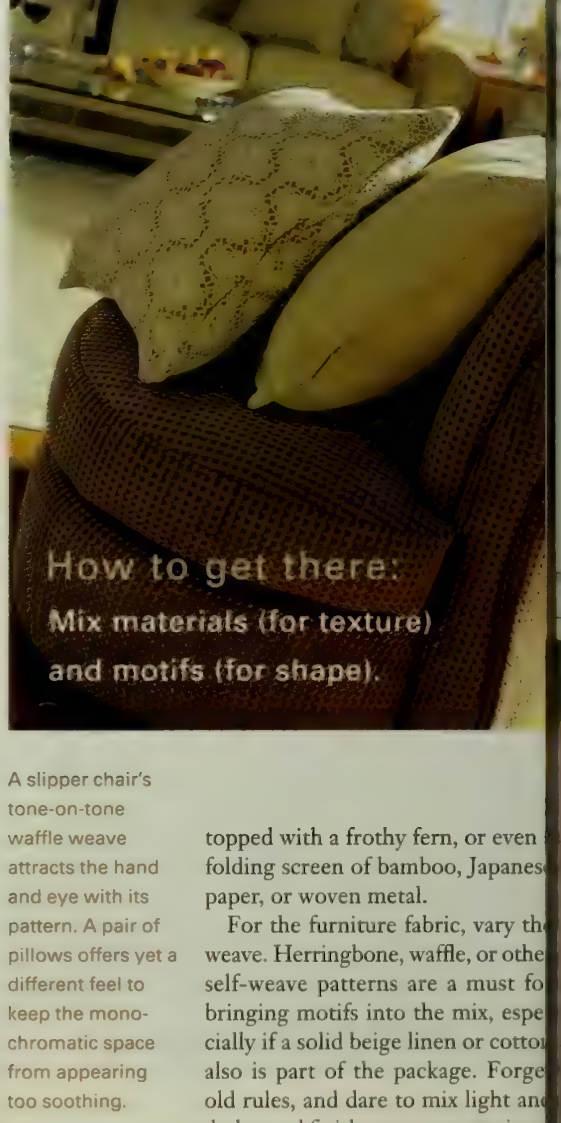
No deaths occurred at oral doses of fexofenadine hydrochloride up to 5000 mg/kg in mice (110 times the maximum recommended daily oral dose in adults and 200 times the maximum recommended daily oral dose in children based on mg/m²) and up to 5000 mg/kg in rats (230 times the maximum recommended daily oral dose in adults and 400 times the maximum recommended daily oral dose in children based on mg/m²). Additionally, no clinical signs of toxicity or gross pathological findings were observed in dogs at evidence of toxicity was observed at oral doses up to 2000 mg/kg (300 times the maximum recommended daily oral dose in adults and 530 times the maximum recommended daily oral dose in children based on mg/m²).

Prescribing Information as of November 2000

Aventis Pharmaceuticals Inc.
Kansas City, MO 64137 USA
US Patent Nos. 4,254,129; 5,375,693; 5,578,610
www.allegra.com 20118605/4020S0
ahc1100A


# Beyond Basic Beige

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A slipper chair's tone-on-tone waffle weave attracts the hand and eye with its pattern. A pair of pillows offers yet a different feel to keep the monochromatic space from appearing too soothing.

topped with a frothy fern, or even a folding screen of bamboo, Japanese paper, or woven metal.

For the furniture fabric, vary the weave. Herringbone, waffle, or other self-weave patterns are a must for bringing motifs into the mix, especially if a solid beige linen or cotton also is part of the package. Forget old rules, and dare to mix light and dark wood finishes among occasional tables. And top off a table or two with glass for even more textural diversity. For your finale, merge as many materials as possible in one small spot: metal, crystal, and softly draped silk meet in the lamps, but they also might mingle even more mysteriously on a decorative pillow.

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he dramatic,
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ne sofa counter
ne strong verticals
f the windows—
art of the masterly
ix of motifs that
dds interest to
is basic-beige
ving room.






ADD A CAN.
LOSE THE BLAND.

MAKE THE ORDINARY
EXTRAORDINARY.
TRY RO•TEL TEX-MEX MEAT LOAF.

1-1/2 pounds ground beef
3 slices bread, torn into small pieces
1 egg
1 small onion, chopped
1 10 oz. can RO•TEL® Diced Tomatoes
2 teaspoons chili powder
1/3 cup chili sauce

*Preheat oven to 375°F. Combine first 6 ingredients. Spread into an ungreased 8-1/2 x 4-1/2 x 2-1/2 inch loaf pan. Bake 1 hour; drain excess drippings. Spoon chili sauce over cooked loaf; bake 15 minutes longer. Serves 8.*

*For more recipes visit www.ro-tel.com or call 1-877-ROTEL-IT.*

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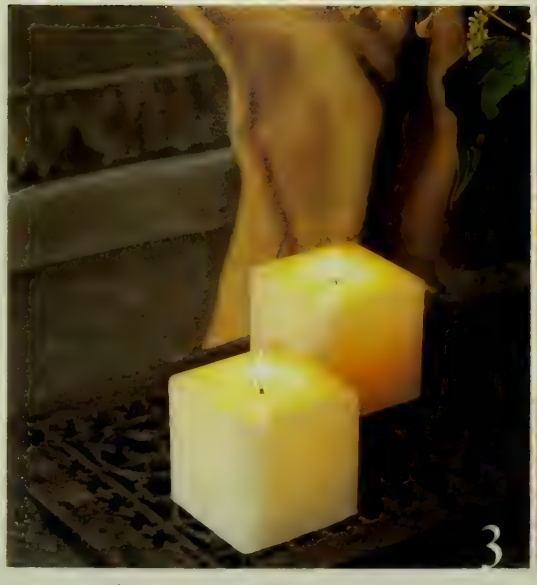

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# Light Fantastic

Nothing sets the mood like candlelight—whether it be for quiet solitude or elegant entertaining. Soothe your soul and delight guests with these creative presentations.









1. A grouping of pillar candles takes its color cue from the fall hues of small fruits, nuts, and dried corn. Nestle the fruits and candles in a frosted glass bowl to show off shapes.
2. For a lighthearted display, this slightly rusted toy truck pulls into service with a load of square pillars. Space the candles so the wicks are at least 4 inches apart to prevent them from melting or adjoining each other.
3. An old register grate serves as a tray for a pair of candles. The delicate metal filigree is a counterpoint to the chunky white squares. Use no-drip candles, or put aluminum foil under the grate to catch the wax.
4. Short, round pillar candles set in vintage muffin tins create a casual, homey feel. Use the pillars for bright light, or set a tiny tealight in every muffin cup for dimmer illumination.

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advertisement

*Indulge yourself with these delightful brownies from*
*Nestlé Treasures.*



*Creamy Caramel Treasure Brownies*
*(Makes about 12 brownies)*

- 1 cup finely chopped pecans
- 1 pkg. (18 oz.) **Nestlé Toll House** Refrigerated Brownie Bar Dough, broken into squares
- 12 Creamy Caramel **Nestlé Treasures**, unwrapped
- ½ cup **Nestlé Toll House** Semi-Sweet Chocolate Morsels

**PREHEAT** oven to 325°F. Grease or paper-line 12 muffin cups. Place nuts in medium bowl. Press brownies into nuts, coating well. Place into prepared cups. Bake for 22 to 25 minutes or until edges are set. Remove pan to wire rack; gently press 1 Treasure into each brownie. Cool completely; remove from pan.

**MICROWAVE** morsels in small, heavy-duty plastic bag on High (100%) power for 30 to 45 seconds; knead. Microwave at additional 10- to 20-second intervals, kneading until smooth. Cut tiny corner from bag; squeeze to drizzle over brownies.

**For German Chocolate Treasure Brownies:** Substitute Toasted Coconut **Nestlé Treasures**.

**For Peanut Butter Treasure Brownies:** Substitute Peanut Butter **Nestlé Treasures**.




**Nestlé Treasures®**
can be found in the candy aisle.
***www.verybestbaking.com***
*From you to you.*™

# Light Fantastic

continued from page 78







5. Plunge skinny tapers into sand-filled pots like so many colorful beach umbrellas. The sand conveniently catches drips. Bamboo mats placed underneath add to the seaside motif.
6. A fleet of tiny wooden rowboats holding votive candles is beached on a table for a maritime appeal. Look for similar vessels at crafts stores. Remember: To avoid fire hazards, never leave a burning candle unattended.




*Nestlé Treasures.*
*Creamy chocolate. Luscious fillings.*
*Each one is a little gem.*




Nestlé Treasures® are thick milk chocolates with a choice of four delicious fillings. Treat yourself to the two newest flavors, Toasted Coconut and Chocolate Creme.

*From you to you.*™





by James A. Hufnagel

# Sun Screen Porches

New vinyl railings (*left*) have wide top rails where Polly and Jim Reed can set drinks. Outdoor carpet covers the original deck boards to keep bugs out.

The original deck (*below*) was usable only in optimal weather. The new porch (*bottom*) extends the outdoor season to at least six months a year.

## A drab deck grows into a screen porch that invites lingering day and night.

In the daytime, Polly and Jim Reed's new porch basks in just the right combination of shade and sunshine. After dark, it enjoys the freedom from insects that only screens can provide.

Polly and Jim's porch began life as a 16×18-foot deck similar to others in their Columbia, Missouri, neighborhood. To support posts and a cedar shake roof, a steel I beam was installed beneath the deck. The high roofline on the house allowed for an 11-foot, open-frame ceiling that's painted white to reflect sunlight. The railings are also white—but they're made of vinyl, a material that requires little maintenance compared with their old wood rails. Screen panels, constructed as self-contained individual units by a local glass company, attach on the outside. If one panel is damaged, Polly and Jim don't need to replace an entire wall.

"I'm out here all the time, even during rainstorms," Polly says. "I can go barefoot straight from the house."







continued on page 84


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vn: Satin Saxon.
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# Sun Screen Porches

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## Back to the future: The "sleeping porch" makes a 21st-century return.

Before homes had air-conditioning, builders often included upper-level sleeping porches where owners could find relief on balmy nights. Modern conveniences aside, Taffy Stills and husband Scott Elger decided to build a second-floor screen porch when they needed more living space in their Atlanta home. The porch serves the master suite as well as daughter Sarah's bedroom.

"We wanted something that everyone in the family could benefit from," Taffy says. "The new porch doubled the size of Sarah's room, and she and her friends love to come out here during sleep-over parties."

With its ceiling fan, the room offers cool, mosquito-free hours in the city's hot climate. To make it more enjoyable, the couple also included a sink and small refrigerator. As a second-floor screen porch, the location offers a further advantage: Taffy says that security isn't a big issue. "We can leave the doors open to the bedrooms at night, and it's so nice to have that breeze," she says. "We wouldn't be able to do that on the lower floor."

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A 10-year-old sunroom addition (*top*) provided underpinnings for the new second-level screen porch (*above center*). The new addition's siding blends with the older one, as well as with the original house. An arbor breaks up the rear wall's expanse, as do X-motif grilles on the lower part of the screening. The grilles also serve a practical purpose: They prevent the family dogs from lunging through the screens when squirrels are spotted outside. Other conveniences include a kitchenette (*above*) that keeps drinks and snacks close by, and low-maintenance terra-cotta floors and counters.



*"I didn't know acid reflux could wear away the lining of my esophagus"*

**The makers of Prilosec® (omeprazole) proudly introduce**

# Nexium

**Relieve the heartburn. Heal the damage. For many, it's possible with NEXIUM.**

If you suffer from persistent heartburn 2 or more days a week, even though you've treated it and changed your diet, it may be due to acid reflux disease. And that can be serious. Because, over time, acid reflux can erode or wear away the delicate lining of your esophagus (erosive esophagitis). Only a doctor can determine if you have this damage.

For many people, prescription NEXIUM—once daily—provides complete resolution of heartburn symptoms and heals damaging erosions of the esophagus caused by acid reflux disease. Your results may vary.




**The new purple pill**

Talk with your doctor to see if NEXIUM is right for you. Most erosions heal in 4 to 8 weeks with NEXIUM.

The most common side effects of NEXIUM and Prilosec are headache, diarrhea, and abdominal pain. Symptom relief does not rule out serious stomach conditions.

Visit purplepill.com or call 1-888-PURPLEPILL for more information.

Zeneca

read the important Product Information about NEXIUM following page and discuss it with your doctor.

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Nexium™
(esomeprazole magnesium)

Please read this summary carefully, and then ask your doctor about NE... This advertisement does not take the place of careful discussions with y...

...dvertisement can provide all the information needed to prescribe a drug. ...es the training to weigh the risks and benefits of a prescription drug for you.

# Nexium™ *(esomeprazole magnesium)*
## 20-MG, 40-MG Delayed-Release Capsules

**BRIEF SUMMARY** Before prescribing NEXIUM, please see full Prescribing Information. **INDICATIONS** ... NEXIUM is indicated for the short-term treatment (4 to 8 weeks) in the healing and symptomatic res... ...confirmed erosive esophagitis. **CONTRAINDICATIONS** NEXIUM is contraindicated in patients with a... ...any component of the formulation or to substituted benzimidazoles. **PRECAUTIONS** Symptomatic ... NEXIUM does not preclude the presence of gastric malignancy. Atrophic gastritis has been noted occasion... ...sies from patients treated long-term with omeprazole, of which NEXIUM is an enantiomer. **Information for Patient...** Delayed-Release capsules should be taken at least one hour before meals. For patients who have difficul... ...tablespoon of applesauce can be added to an empty bowl and the capsule opened, and the pellets carefu... ...sauce. The pellets should be mixed with the applesauce and then swallowed immediately. The applesauce ... ...should be soft enough to be swallowed without chewing. The pellets should not be chewed or crushed. ... ...should not be stored for future use. Antacids may be used while taking NEXIUM. **DRUG INTERACTIONS** ... ...extensively metabolized in the liver by CYP2C19 and CYP3A4 *in vitro* and *in vivo* studies have shown... ...to inhibit CYPs 1A2, 2A6, 2C9, 2D6, 2E1 and 3A4. No clinically relevant interactions with drugs metab... ...would be expected. Drug interaction studies have shown that esomeprazole does not have any clinic... ...phenytoin, warfarin, quinidine, clarithromycin or amoxicillin. Esomeprazole may potentially inhibit ... ...esomeprazole-metabolizing enzyme. Coadministration of esomeprazole 30 mg and diazepam, a CYP2C19 ... ...45% decrease in clearance of diazepam. Increased plasma levels of diazepam were observed 12 ... ...however, at that time, the plasma levels of diazepam were below the therapeutic interval and thus the interaction is unlikely to be of clinical relevance. Coadministration of oral contraceptives, diazepam, phenytoin or quinidine did not seem to influence the pharmacokinetic profile of esomeprazole. Esomeprazole inhibits gastric acid secretion; therefore, it is theoretically possible that esomeprazole and omeprazole may interfere with absorption of drugs where gastric pH is an important determinant of the bioavailability (eg, ketoconazole, ampicillin esters, digoxin, and iron salts). **Carcinogenesis, Mutagenesis, Impairment of Fertility:** The carcinogenic potential of esomeprazole was assessed using omeprazole studies in two 24-month carcinogenicity studies in rats (omeprazole at daily doses of 1.7, 3.4, 13.8, 44.0 and 140.8 mg/kg/day, about 0.7 to 57 times the human dose of 20 mg/day expressed on a body surface area basis) produced gastric ECL cell carcinoids in a dose-related manner in both male and female rats; the incidence of this effect was markedly higher in female rats, which had higher blood levels of omeprazole. Gastric carcinoids seldom occur in the untreated rat. In addition, ECL cell hyperplasia was present in all treated groups of both sexes. In one of these studies, female rats were treated with 13.8 mg omeprazole/kg/day, about 5.6 times the human dose on a body surface area basis) for 1 year, then followed for an additional year without the drug. No carcinoids were seen in these rats. An increased incidence of treatment-related ECL cell hyperplasia was observed at the end of 1 year (94% treated vs. 10% controls). By the second year the difference between treated and control rats was much smaller (46% vs. 26%), but still showed more hyperplasia in the treated group. Gastric adenocarcinoma was seen in one rat (2%). No similar tumor was seen in male or female rats treated for 2 years. For this strain of rat no similar tumor has been noted historically, but a finding involving only one tumor is difficult to interpret. A 78-week mouse carcinogenicity study of omeprazole did not show increased tumor occurrence, but the study was not conclusive. Esomeprazole was negative in the Ames mutation test; in the *in vivo* rat bone marrow cell chromosome aberration test; and the *in vivo* mouse micronucleus test. Esomeprazole, however, was positive in the *in vitro* human lymphocyte chromosome aberration test. Omeprazole was positive in the *in vitro* human lymphocyte chromosome aberration test; the *in vivo* mouse bone marrow cell chromosome aberration test; and the *in vivo* mouse micronucleus test. The potential effects of esomeprazole on fertility and reproductive performance were assessed using omeprazole studies. Omeprazole at oral doses up to 138 mg/kg/day in rats (about 56 times the human dose on a body surface area basis) was found to have no effect on reproductive performance of parental animals. **Pregnancy:** *Teratogenic Effects. Pregnancy Category B*: Teratology studies have been performed in rats at oral doses up to 280 mg/kg/day (about 57 times the human dose on a body surface area basis) and in rabbits at oral doses up to 86 mg/kg/day (about 35 times the human dose on a body surface area basis) and have revealed no evidence of impaired fertility or harm to the fetus due to esomeprazole. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, this drug should be used during pregnancy only if clearly needed. Teratology studies conducted with omeprazole in rats at oral doses up to 138 mg/kg/day, about 56 times the human dose on a body surface area basis), and in rabbits at doses up to 69 mg/kg/day, about 56 times the human dose on a body surface area basis), did not disclose any evidence for a teratogenic potential of omeprazole. In rabbits, omeprazole in a dose range of 6.9 to 69.1 mg/kg/day (about 5.5 to 56 times the human dose on a body surface area basis), produced dose-related increases in embryo-lethality, fetal resorptions, and pregnancy disruptions. In rats dose-related embryofetal toxicity and postnatal developmental toxicity were observed in offspring resulting from parents treated with omeprazole at 13.8 to 138.0 mg/kg/day (about 5.6 to 56 times the human doses on a body surface area basis). There are no adequate and well-controlled studies in pregnant women. Sporadic reports have been received of congenital abnormalities occurring in infants born to women who have received omeprazole during pregnancy. **Nursing Mothers:** The excretion of esomeprazole in milk has not been studied. However, omeprazole concentrations have been measured in breast milk of a woman following oral administration of 20 mg. Because esomeprazole and omeprazole are likely to be excreted in human milk, and because of the potential for serious adverse reactions in nursing infants from esomeprazole and because of the potential for tumorigenicity shown for omeprazole in rat carcinogenicity studies, a decision should be made to discontinue the drug, taking into account the importance of the drug to the mother. **Pediatric Use:** Safety and effectiveness in pediatric patients have not been established. **Geriatric Use:** Of the total number of patients who received NEXIUM in clinical trials, 778 were 65 to 74 years of age and 124 patients were ≥ 75 years of age. No overall differences in safety and efficacy were observed between the elderly and younger individuals, and other reported clinical experience has not identified differences in responses between the elderly and younger patients, but greater sensitivity of some older individuals cannot be ruled out. **ADVERSE REACTIONS** The safety of NEXIUM was evaluated in over 10,000 patients (aged 18-84 years) in clinical trials worldwide including over 7,400 patients in the United States and over 2,600 patients in Europe and Canada. Over 2,900 patients were treated in long-term studies for up to 6-12 months. In general, NEXIUM was well tolerated in both short- and long-term clinical trials. The safety in the treatment of healing of erosive esophagitis was assessed in four randomized comparative clinical trials which included 1,240 patients on NEXIUM 20 mg, 2,434 patients on NEXIUM 40 mg, and 3,008 patients on omeprazole 20 mg daily. The most frequently occurring adverse events (≥1%) in all three groups was headache (5.5, 5.0, and 3.8, respectively) and diarrhea (no difference among the three groups). Nausea, flatulence, abdominal pain, constipation, and dry mouth occurred at similar rates among patients taking NEXIUM or omeprazole. Additional adverse events that were reported as possibly or probably related to NEXIUM with an incidence < 1% are listed below by body system:

***Body as a Whole:*** abdomen enlarged, allergic reaction, asthenia, back pain, chest pain, chest pain substernal, facial edema, peripheral edema, hot flushes, fatigue, fever, flu-like disorder, generalized edema, leg edema, malaise, pain, rigors. ***Cardiovascular:*** flushing, hypertension, tachycardia. ***Endocrine:*** goiter. ***Gastrointestinal:*** bowel irregularity, constipation aggravated, dyspepsia, dysphagia, dysplasia GI, epigastric pain, eructation, esophageal disorder, frequent stools, gastroenteritis, GI hemorrhage, GI symptoms NOS, hiccup, melena, mouth disorder, pharynx disorder, rectal disorder, serum gastrin increased, tongue disorder, tongue edema, ulcerative stomatitis, vomiting. ***Hearing:*** earache, tinnitus. ***Hematologic:*** anemia, anemia hypochromic, cervical lymphoadenopathy, epistaxis, leukocytosis, leukopenia, thrombocytopenia. ***Hepatic:*** bilirubinemia, hepatic function abnormal, SGOT increased, SGPT increased. ***Metabolic/Nutritional:*** glycosuria, hyperuricemia, hyponatremia, increased alkaline phosphatase, thirst, vitamin B12 deficiency, weight increase, weight decrease. ***Musculoskeletal:*** arthralgia, arthritis aggravated, arthropathy, cramps, fibromyalgia syndrome, hernia, polymyalgia rheumatica. ***Nervous System/Psychiatric:*** anorexia, apathy, appetite increased, confusion, depression aggravated, dizziness, hypertonia, nervousness, hypoesthesia, impotence, insomnia, migraine, migraine aggravated, paresthesia, sleep disorder, somnolence, tremor, vertigo, visual field defect. ***Reproductive:*** dysmenorrhea, menstrual disorder, vaginitis. ***Respiratory:*** asthma aggravated, coughing, dyspnea, larynx edema, pharyngitis, rhinitis, sinusitis. ***Skin and Appendages:*** acne, angioedema, dermatitis, pruritus, pruritus ani, rash, rash erythematous, rash maculo-papular, skin inflammation, sweating increased, urticaria. ***Special Senses:*** otitis media, parosmia, taste loss, taste perversion. ***Urogenital:*** abnormal urine, albuminuria, cystitis, dysuria, fungal infection, hematuria, micturition frequency, monilial is, genital monilial is, polyuria. ***Visual:*** conjunctivitis, vision abnormal. Endoscopic findings that were reported as adverse events include duodenitis, esophagitis, esophageal stricture, esophageal ulceration, esophagopathy, fundic gland polyps, gastric ulcer, gastritis, hernia, benign polyps or nodules, Barrett's esophagus, and mucosal discoloration. Other adverse events not observed with NEXIUM, but occurring with omeprazole can be found in the omeprazole package insert. **OVERDOSAGE** A single oral dose of esomeprazole at 510 mg/kg (about 103 times the human dose on a body surface area basis) was lethal to rats. The major signs of acute toxicity were reduced motor activity, changes in respiratory frequency, tremor, ataxia, and recumbent clonic convulsions. There have been no reports of overdose with esomeprazole. Reports have been received of overdosage with omeprazole in humans. Doses ranged up to 2,400 mg (120 times the usual recommended clinical dose). Manifestations were variable, but included confusion, drowsiness, blurred vision, tachycardia, nausea, diaphoresis, flushing, headache, dry mouth, and other adverse reactions similar to those seen in normal clinical experience (see omeprazole package insert). **ADVERSE REACTIONS**. No specific antidote for esomeprazole is known. Since esomeprazole is extensively protein bound, it is not expected to be removed by dialysis. In the event of overdosage, treatment should be symptomatic and supportive. As with the management of any overdose, the possibility of multiple drug ingestion should be considered. For current information on treatment of any overdose, a certified Regional Poison Control Center should be contacted. Telephone numbers are listed in the physicians' Desk Reference (PDR) or local telephone book.

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# Prilosec® *(omeprazole)*
## 20-MG Delayed-Release Capsules

**BRIEF SUMMARY** Before prescribing PRILOSEC, please see full Prescribing Information. **INDICATIONS AND USAGE** ... *Esophagitis*: PRILOSEC Delayed-Release Capsules are indicated for the short-term treatment (4-8 weeks) in the he... ...esophagitis, which has been diagnosed by endoscopy. **CONTRAINDICATIONS Omeprazole**: PRILOSEC D... ...Release Capsules are contraindicated in patients with known hypersensitivity to any component of the formulation. **PRECAUTIONS** Symptomatic response to therapy with omeprazole does not preclude the presence of gastric malignancy. Atrophic ... ...has been noted occasionally in gastric corpus biopsies from patients treated long-term with omeprazole. **Information for Patients:** PRILOSEC Delayed-Release Capsules should be taken before eating and should not be opened, chewed or crushed; should be swallowed whole. **DRUG INTERACTIONS** *Other*: Omeprazole can prolong the elimination of diazepam, warfarin, phenytoin; drugs that are metabolized by oxidation in the liver. Although in normal subjects no interaction with theophylline, propranolol was found, there have been clinical reports of interaction with other drugs metabolized via the cytochrome P-450 system (eg, cyclosporine, disulfiram, and benzodiazepines). Patients should be monitored to determine if it is necessary to adjust the dosage of these drugs when taken concomitantly with PRILOSEC. Omeprazole inhibits gastric acid secretion; therefore, it is theoretically possible that omeprazole may interfere with absorption of drugs where gastric pH is an important determinant of their bioavailability (eg, ketoconazole, ampicillin esters, digoxin, and iron salts). In clinical trials, antacids were used concomitantly with the administration of PRILOSEC. **Carcinogenesis, Mutagenesis, Impairment of Fertility:** In two 24-month carcinogenicity studies in rats, omeprazole at daily doses of 1.7, 3.4, 13.8, 44.0 and 140.8 mg/kg/day (approximately 4 to 352 times the human dose based on a patient weight of 50 kg and a human dose of 20 mg) produced gastric ECL cell carcinoids in a dose-related manner in both male and female rats; the incidence of this effect was markedly higher in female rats, which had higher blood levels of omeprazole. Gastric carcinoids seldom occur in the untreated rat. In addition, ECL cell hyperplasia was present in all treated groups of both sexes. In one of these studies, female rats were treated with 13.8 mg omeprazole/kg/day (approximately 35 times the human dose) for one year, then followed for an additional year without the drug. No carcinoids were seen in these rats. An increased incidence of treatment-related ECL cell hyperplasia was observed at the end of one year (94% treated vs. 10% controls). By the second year the difference between treated and control rats was much smaller (46% vs. 26%), but still showed more hyperplasia in the treated group. An isolated primary malignant tumor in the stomach was seen in one rat (2%). No similar tumor was seen in male or female rats treated for two years. For this strain of rat no similar tumor has been noted historically, but a finding involving only one tumor is difficult to interpret. A 78-week mouse carcinogenicity study of omeprazole did not show increased tumor occurrence, but the study was not conclusive. Omeprazole was not mutagenic in an *in vitro* Ames *Salmonella typhimurium* assay, an *in vitro* mouse lymphoma cell assay and an *in vivo* rat liver DNA damage assay. A mouse micronucleus test at 625 and 625 mg/kg/day, the human dose gave a borderline result, as did an *in vivo* bone marrow chromosome aberration test. A second mouse micronucleus study at 2000 times the human dose, but with different (suboptimal) sampling times, was negative. In a rat fertility and general reproductive performance test, omeprazole in a dose range of 13.8 to 138.0 mg/kg/day (approximately 35 to 345 times the human dose) was not toxic or deleterious to the reproductive performance of parental animals. **Pregnancy:** *Category C* - Teratology studies conducted in pregnant rats at doses up to 138 mg/kg/day (approximately 345 times the human dose) and in pregnant rabbits at doses up to 69 mg/kg/day (approximately 172 times the human dose) did not disclose any evidence for a teratogenic potential for omeprazole. In rabbits omeprazole in a dose range of 6.9 to 69.1 mg/kg/day (approximately 17 to 172 times the human dose) produced dose-related increases in embryo-lethality, fetal resorptions and pregnancy disruptions. In rats dose-related embryofetal toxicity and postnatal developmental toxicity were observed in offspring resulting from parents treated with omeprazole at 13.8.0 mg/kg/day (approximately 35 to 345 times the human dose). There are no adequate or well-controlled studies in pregnant women. Sporadic reports have been received of congenital abnormalities occurring in infants born to women who have received omeprazole during pregnancy. Omeprazole should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. **Nursing Mothers:** It is not known whether omeprazole is excreted in human milk. In rats, omeprazole administered during late gestation and lactation at doses of 13.8 to 138 mg/kg/day (35 to 345 times the human dose) resulted in decreased weight gain in pups. Because many drugs are excreted in human milk because of the potential for serious adverse reactions in nursing infants from omeprazole, and because of the potential for tumorigenicity shown for omeprazole in rat carcinogenicity studies, a decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the mother. **Pediatric Use:** Safety and effectiveness in pediatric patients have not been established. **Geriatric Use:** No differences in safety and efficacy were observed between the elderly and younger individuals, and other reported clinical experience has not identified differences in responses between the elderly and younger patients, but greater sensitivity of some older individuals cannot be ruled out. **ADVERSE REACTIONS** In the U.S. clinical trial population of 465 patients (including duodenal ulcer, Zollinger-Ellison syndrome and resistant ulcer patients), the following adverse experiences were reported to occur in 1% or more of patients on therapy with PRILOSEC. Numbers in parentheses indicate percentages of the adverse experiences considered by investigators as possibly, probably or definitely related to the drug.

| | Omeprazole (n=465) | Placebo (n=64) | Ranitidine (n=19) |
|---|---|---|---|
| Headache | 6.9 (2.4) | 6.3 | 5.3 (2.6) |
| Diarrhea | 3.0 (1.9) | 3.1 (1.6) | 2.1 (0.5) |
| Abdominal Pain | 2.4 (0.4) | 3.1 | 2.1 |
| Nausea | 2.2 (0.9) | 3.1 | 4.1 (0.5) |
| URI | 1.9 | 1.6 | 2.6 |
| Dizziness | 1.5 (0.6) | 0.0 | 2.6 (1.0) |
| Vomiting | 1.5 (0.4) | 4.7 | 1.5 (0.5) |
| Rash | 1.5 (1.1) | 0.0 | 0.0 |
| Constipation | 1.1 (0.9) | 0.0 | 0.0 |
| Cough | 1.1 | 0.0 | 1.5 |
| Asthenia | 1.1 (0.2) | 1.6 (1.6) | 1.5 (1.0) |
| Back Pain | 1.1 | 0.0 | 0.5 |

The following adverse reactions which occurred in 1% or more of omeprazole-treated patients have been reported in international double-blind, and open-label, clinical trials in which 2,631 patients and subjects received omeprazole and 120 patients received placebo. A causal relationship was not assessed. The percentages are given omeprazole then placebo respectively. *Body as a whole-site unspecified* Abdominal Pain 5.2% and 3.3%, Asthenia 1.3% and 0.8%. *Digestive System* Constipation 1.5 and 0.8%, Diarrhea 2.7 and 2.5, Flatulence 2.7 and 5.8, Nausea 4.0 and 6.7, Vomiting 3.2 and 1.0, Acid regurgitation 1.9 and 3.3. *Nervous System/Psychiatric* Headache 2.9 and 2.5. Additional adverse experiences occurring in < 1% of patients or subjects in clinical and/or international trials, or occurring since the drug was marketed, are shown below within each body system. In many cases, the relationship to PRILOSEC was unclear. *Body As a Whole* Allergic reactions, including, rarely, anaphylaxis (see also *Skin*), fever, pain, fatigue, malaise, abdominal swelling. *Cardiovascular* Chest pain or angina, tachycardia, bradycardia, palpitation, blood pressure, peripheral edema. *Gastrointestinal* Pancreatitis (some fatal), anorexia, irritable colon, flatulence, fecal discoloration, esophageal candidiasis, mucosal atrophy of the tongue, dry mouth. During treatment with omeprazole, gastric fundic gland polyps have been noted rarely. These polyps are benign and appear to be reversible when treatment is discontinued. Gastrointestinal neoplasms have been reported in patients with ZE syndrome on long-term treatment with PRILOSEC. This finding is believed to be a manifestation of the underlying condition, which is known to be associated with such tumors. *Hepatic* Mild and rarely marked elevations of liver function tests [ALT (SGPT), AST (SGOT), glutamyl transpeptidase, alkaline phosphatase, and bilirubin (jaundice)]; in rare instances, overt liver disease has occurred, including hepatocellular, cholestatic, or mixed hepatitis, liver necrosis (some fatal), hepatic failure (some fatal), and hepatic encephalopathy. *Metabolic/Nutritional* Hyponatremia, hypoglycemia, weight gain. *Musculoskeletal* Muscle cramps, myalgia, muscle weakness, joint pain, leg pain. *Nervous System Psychiatric* Psychic disturbances, including depression, aggression, hallucinations, confusion, insomnia, nervousness, tremors, apathy, somnolence, amnesia, abnormalities, vertigo, paresthesia, hemifacial dysesthesia. *Respiratory* Epistaxis, pharyngeal pain. *Skin* Rash and rarely, severe generalized skin reactions including toxic epidermal necrolysis (TEN, some fatal), Stevens-Johnson syndrome, and multiforme (some severe), purpura and or petechiae (some with rechallenge), skin inflammation, urticaria, angioedema, alopecia, dry skin, hyperhidrosis. *Special Senses* Tinnitus, taste perversion. *Urogenital* Interstitial nephritis (some with rechallenge), urinary tract infection, microscopic pyuria, urinary frequency, elevated serum creatinine, proteinuria, hematuria, glycosuria, testicular pain, gynecomastia. *Hematologic* Rare instances of pancytopenia, agranulocytosis (some fatal), thrombocytopenia, neutropenia, anemia, leucocytosis, and hemolytic anemia have been reported.

**OVERDOSAGE** Rare reports have been received of overdosage with omeprazole. Doses ranged from 320 mg to 16,345 times the usual recommended clinical dose. Manifestations were variable, but included confusion, drowsiness, blurred vision, tachycardia, nausea, diaphoresis, flushing, headache, and dry mouth. Symptoms were transient, and no serious outcome has been reported. No specific antidote for omeprazole overdosage is known. Omeprazole is extensively protein bound and is therefore not readily dialyzable. In the event of overdosage, treatment should be symptomatic and supportive.

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202183 4/01

AstraZeneca

**NOTE** This summary provides important information about NEXIUM and PRILOSEC. If you would like more information, ask your doctor or pharmacist to let you read the professional labeling and then discuss it with the

www.coldwatercreek.com

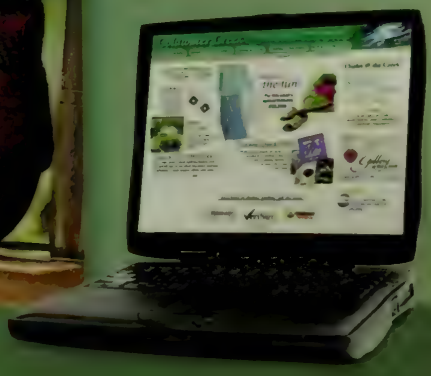



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# Solid-Surface Windowsill








New windows give Karen and Tom Tobler a broad backyard view as they wash dishes and prepare meals (*top inset*). Beneath the windows, a deep solid-surface sill makes a great shelf for potted herbs and decorative items. The sill's bullnose edge (*top*) overlaps the backsplash, giving the solid surfacing a continuous look.

**aren and Tom Tobler** lived for years th a dark kitchen in their Leawood, ansas, home. Not much sunlight ade it through a window above e sink, and dark blue laminate ountertops and brown tile back- lashes further dimmed the scene. The one thing we really needed to was remove the old double-hung indow and put in much larger indows," Tom says.

The couple traded in the small nit for a 5-foot-wide casement indow that fills the room with nshine. Beige solid surfacing, nosen in part because it reflects ght, replaced the old countertops nd backsplashes.

Because Tom needed to enlarge ne window opening anyway, he ecided to bump it out 8 inches to reate an inside window ledge. It, oo, is covered with solid surfacing. aren keeps potted basil, bay, and regano plants on the ledge year- ound, and clips them as needed for ooking. "I love how this brings the utside in," she says.

Watering the plants on the sill n't a problem, because the solid urfacing resists stains and easily wipes clean. The material doesn't have any seams, which further reduces the chance for water and grime to collect on its surface.


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This covered bench is surrounded by a solid redwood fence that camouflages a concrete wall. The bench faces east, making it a delightful spot for a cup of coffee or tea to start the day.

# Multipurpose Privacy Fence

**Good fences may make good neighbors,** but great fences are rewards in themselves. Happy neighbors are just an added benefit.

Evie and Marty Hertz have quite a few more neighbors than most of us—enough to fill up a three-story apartment building behind the couple's Piedmont, California, home. To screen them out, Evie and Marty went in search of a privacy fence. Landscape architect Gene Kunit saw the yard as an opportunity to extend the limits of what a fence is and what it can do.

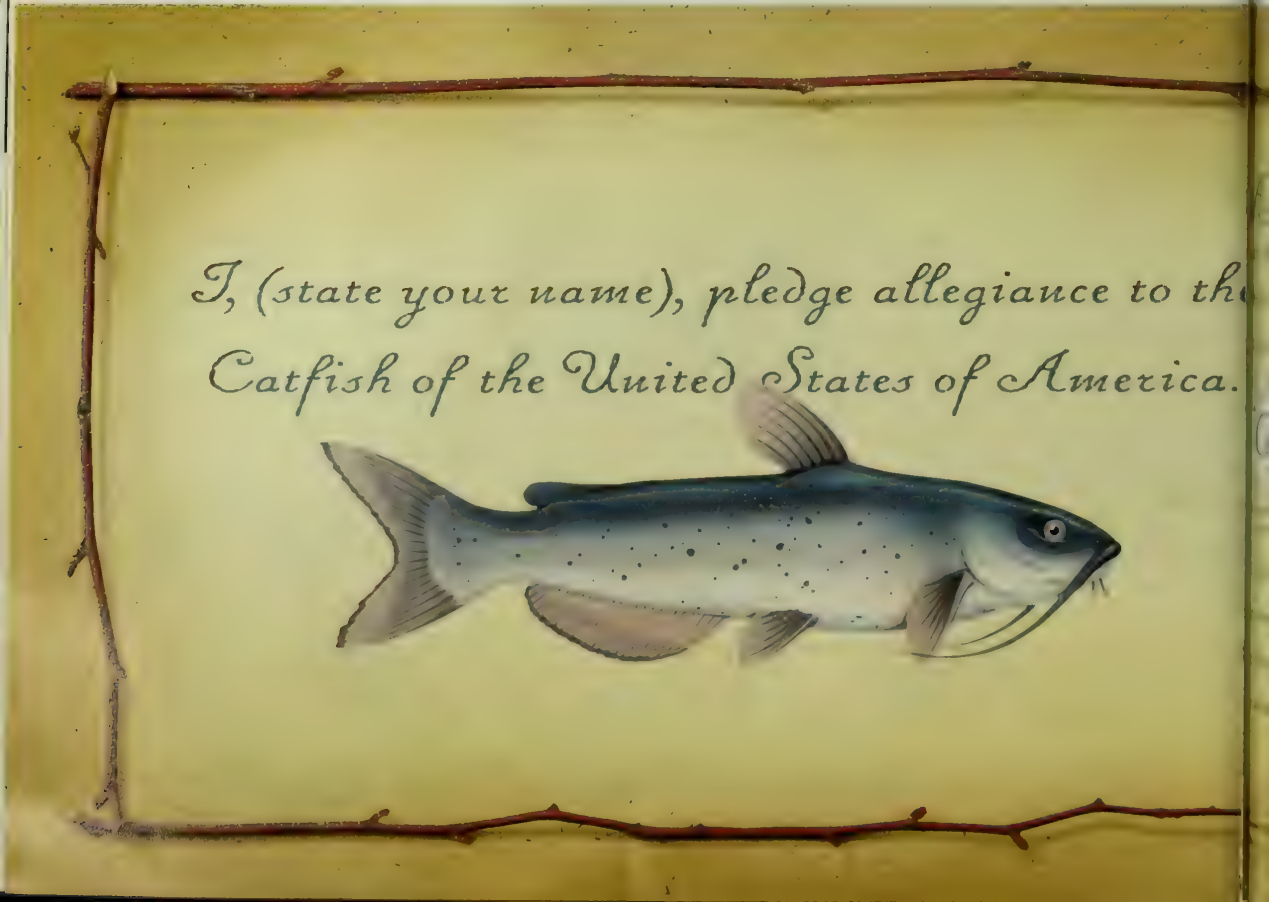
Kunit created an intriguing mix of benches and latticework. The centerpiece is an 8×5-foot pergola with two facing benches (*right*). The pergola screens the view from above, while the benches transform the backyard into an outdoor living room. Camellias, dahlias, and lilies fill the space in front of the pool with blooming color. A stand-alone covered redwood bench (*left*) is surrounded by the same flowers in the side yard. Tying everything together is a 6-foot-tall redwood fence topped in some sections with lattice panels.

The pergola roof is made with redwood 2×2s spaced 1½ inches apart. Each arch was cut in two sections from a 2×12.

Board-and-batten fencing topped with open lattice provides privacy while still allowing a breeze to pass through. The fence is supported by 4×4 posts placed 4 feet apart.

PHOTOGRAPHS: JAY GRAHAM. LANDSCAPE ARCHITECT: GENE KUNIT. REGIONAL CONTRIBUTOR: HELEN HEITKAMP









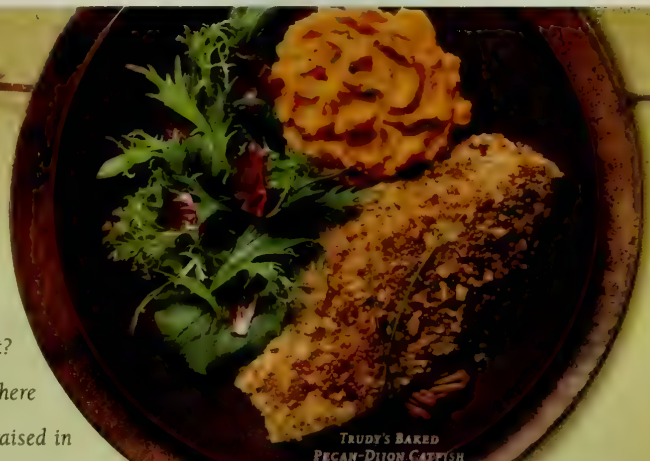
Decorative braces and cutouts soften the corner angles of the roof, as do ivy geraniums in hanging pots. The lush blooms and greenery make the garden a favorite with birds as well as with people.



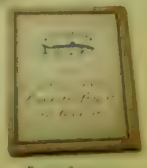
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by Shawn Gilliam

# Dressy Driveways



A semicircular detail near the garage lends the driveway the look of a carriage-house approach.

Most of the pavement features a diagonal herringbone pattern that complements the home's traditional design.

Two colors were used on the driveway, including a brighter red hue for the border. Colors can be custom-mixed to match most schemes.

## Brick-Look Beauty

Even up close, it's tough to tell that this Des Moines, Iowa, driveway is paved with asphalt, not with brick. Using templates as large as 6×12 feet, an asphalt contractor applied a pattern to warm, newly laid pavement. The surface was then sprayed with a colored sealer and brushed with a roller that removes excess material from grout lines and creates a skid-resistant texture. Although the seal helps the asphalt last longer, a new coating usually needs to be applied every five years or so. The system isn't limited to new pavement: Previously laid asphalt can be rewarmed and treated if it's in good condition.

continued on page 94


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# Dressy Driveways

continued from page 92



The bulk of the driveway is paved with a 6-inch-thick concrete slab.

Stone is pressed into a mortar mixture of sand, plastic cement, and acrylic adhesive.

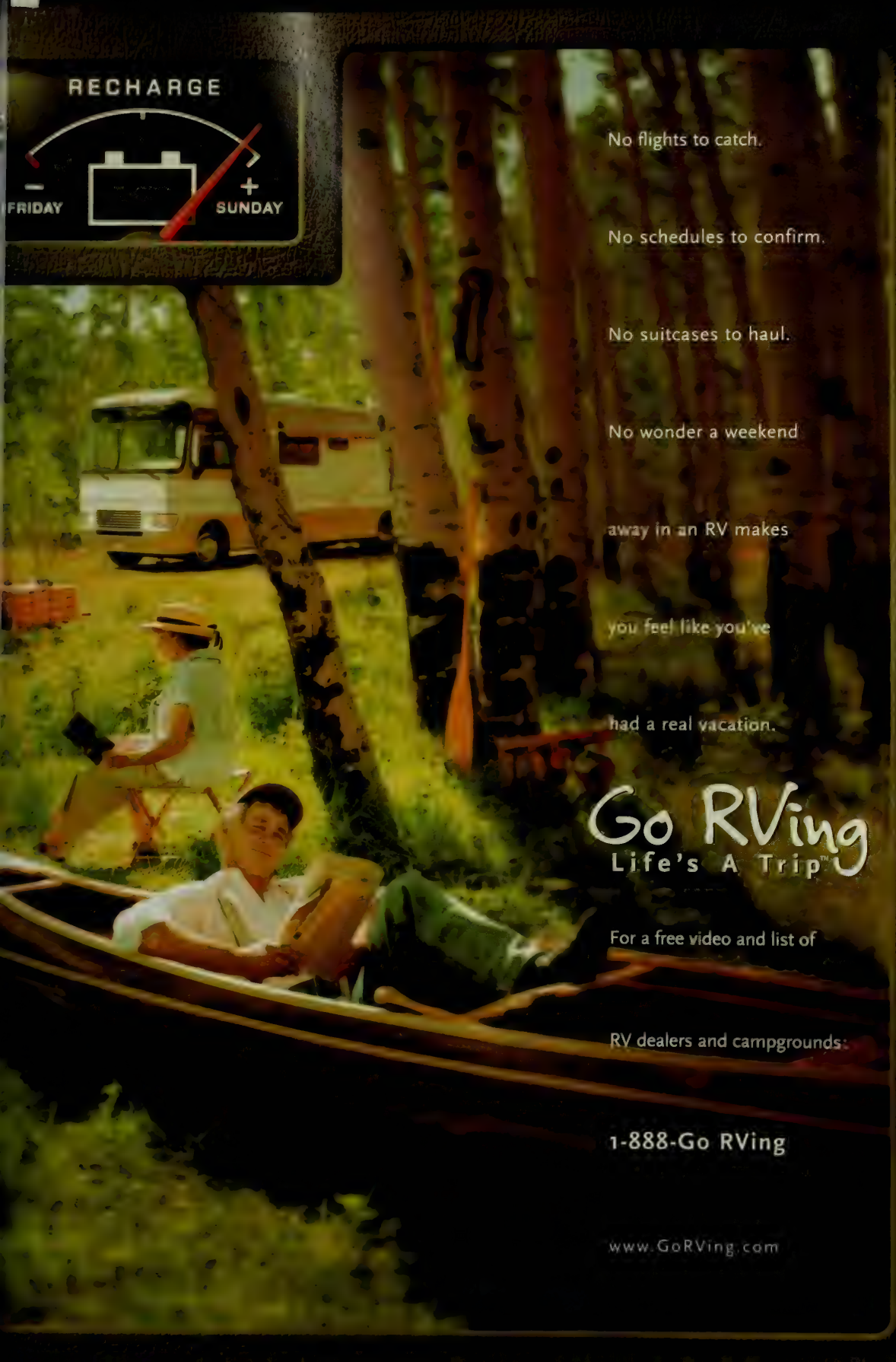
## Concrete-and-Stone Checkerboard

Conventional slabs of concrete serve as driveways for most of the homes in this Newport Beach, California, neighborhood. But a grid of 4×6-inch New England bluestone dresses up this drive and better harmonizes with the adjacent carriage-style garage doors. As masonry contractors poured the concrete, they left a 2-inch recess in the grid pattern where stone would fit into the slab. After mortaring the stone in place, they cleaned it with an acid wash and sealed it. Buying information, page 280

### DRIVEWAY COSTS

A dressy driveway may not be much more expensive than one paved with conventional asphalt or concrete. The prices below are per square foot; ranges reflect cost differences based on location and/or the exact pavement style chosen.

- Asphalt: $1.50-$2.50.
- Imprinted and colored asphalt (shown on *page 92*): $3.50-$6.00. Source—StreetPrint, 888/581-2299; www.streetprint.com.
- Laid brick: $5-$7.
- Concrete: $3-$6.
- Concrete with stone or paver details (similar to example shown *left*): $5-$8.
- Imprinted concrete (with a paver look): $5-$8. Source—Bomanite Corp., 559/673-2411; www.bomanite.com.
- Laid stone: $6-$10.
- Pea gravel: under $.50.


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4. Give your pasta pizazz.




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# Rosy Reception




The gate and arbor were designed by the Youngs to match the Craftsman-style lines of the house. Climbing roses entwine the structure's rustic framing.

**For Carolyn and Ned Young,** improving the curb appeal of their California home meant adding a charming arbor entry and gate. "Originally, the front yard was a slab of concrete where the neighborhood kids played," recalls Carolyn. Now guests are welcomed by a rose-scented walk to the home's entry. The 5×4×8-foot arbor is capped with a Craftsman-style light, which shines on the gray/blue flagstone walkway at night (wiring is hidden in the main posts). The river rock pillars and the arbor's overhang design resemble motifs used throughout the home's exterior, including a repetition of overhangs with corresponding supports. Do-it-yourself building plans are available for the structure from *Better Homes and Gardens*® magazine.



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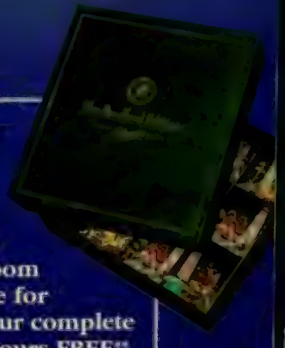


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"A Light in the Storm"



"The Light of Peace"

Shown actual size of about 3½ inches high. Golden hanging cords included.

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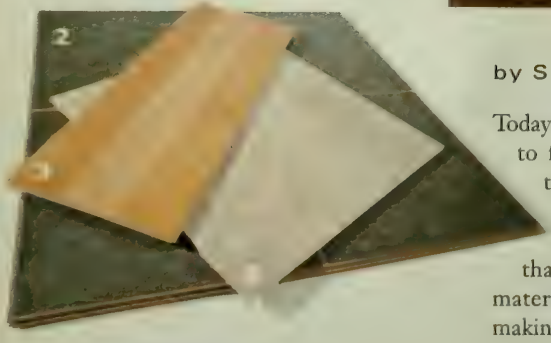
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# Synthetic Flooring Update





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by Shawn Gilliam

Today's flooring choices are designed to fool our eyes—which makes telling the difference between what's natural and what's synthetic more difficult than ever. Two manufactured materials, laminate and vinyl, are making particular strides in replicating nature's patterns and hues. But the similarities stop there. Here's the lowdown on what you can expect from each material.

## Laminate

A tougher version of what many of us have on our countertops, laminate is the latest product to hit flooring stores and home centers. These floors feature a tough top layer of high-pressure plastic bonded to a fiberboard core. Many laminate styles come remarkably close to replicating wood's color and grain.

**Types.** All manufacturers offer plank shapes that resemble natural wood. Some of the manufacturers also sell laminate in tile shapes with surfaces that mimic different kinds of stone. All types come in a tongue-and-groove format; locking types don't require glue and are typically easier to install. Some stores and brands

continued on page 104

MONDAY: *Conference Call*

TUESDAY: *Status Meeting*

WEDNESDAY: *Presentation*

THURSDAY: *Retirement Party*

FRIDAY: *Permanent Vacation*



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## Synthetic Flooring Update

continued from page 102

offer classes and/or training videos to aid do-it-yourself installation. Other brands, however, recommend professional installation to ensure seams are sealed correctly. Incorrectly sealed seams can lead to water infiltration and damage.

**Features.** Laminate is resistant to scratches, dents, stains, and burns. Because it "floats" over a padded underlayment, there's no need to nail or glue it to the subfloor.

**Maintenance.** Laminate floors need regular vacuuming or dust-mopping. Occasionally damp-mop the floor with water and a cleaner recommended by the manufacturer. Waxing and polishing aren't required or recommended. It's a good idea, however, to use glides or floor protectors under chair and table legs to prevent scratching and scarring.

**Warranties.** Most brands offer 15-year warranties against wearing, fading, and staining. Some premium laminates

arry 20- or 25-year warranties, while
wer-priced laminates are warranted
r 10 years.

**ost**. Expect to pay between $3–$6
er square foot, not including the
stallation charges.

**Vinyl**

inyl, also called resilient flooring,
well known for easy maintenance
d affordability. What you may
ot know is how much its looks
ave improved in recent years,
articularly in replicating the natural texture and subtle
olor irregularities of wood and stone. Low gloss levels
so help pull off a more natural look.

**ypes**. Vinyl comes in three types—sheet, tile, and plank.
heet vinyl can be installed quickly and provides a seam-
ss look. Vinyl tile allows you to combine different
olors and patterns, and its convenient size provides for
sy do-it-yourself installation. The less-common vinyl
ank is used primarily for floors that look like wood.



**Features**. Higher grades of vinyl offer the most sophisticated features, such as no-wax urethane wear layers that ease cleaning and help protect against scratching, staining, and scuffing. Many brands have also improved their resistance to tears, rips, and gouges.

**Maintenance**. Most require nothing more than a periodic washing with a product recommended by the manufacturer.

**Warranties**. The brands carry different warranties for different types of damage. Check with your flooring store about what's covered for up to five, 10, or 15 years, and then compare the information between the product lines.

**Cost**. Vinyl usually costs $2–$3 per square foot, not including installation. Top-of-the-line vinyl can run as high as $5 per square foot, plus installation.



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## reader shopping

# Have a Spook-tacular Halloween

**Pumpkin on Ice.** Create a whimsical ice sculpture or gelatin dessert just like the pros—but at home, in your own freezer. This life-size **Jack-O'-Lantern Ice Mold** (ice sculpture shown at *right, top*) is made from federally approved styrene and measures about 11×14×3 inches. For the orange color, just add a bit of flavored drink mix or food coloring to the water before freezing. From Sculptures in Ice, each reusable mold costs $29.95, which includes shipping, handling, and applicable sales tax.

**Yard Ornaments.** Fun, fast, and easy! Even if you have minimal woodworking experience, using our full-size pattern cutouts for the **Wayward Witch** (*near right*) and **Tower O' Pumpkins** (*far right*) makes these projects a snap. Cut the shapes from plywood, and follow our step-by-step directions to finish. (You furnish sandpaper and paint.) The witch is 48 inches tall; the pumpkin tower is 36 inches tall. Each plan is sold separately. One plan costs $14.95; additional plans shipped to the same address are $13 each. Prices include shipping, handling, and sales tax.

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# Happy Everything

You'll always be buttoned up and seasonally correct when you display the appropriate sentiments on this **Happy Everything Sampler**. The title (7×3 inches) and 13 motifs (each 2×3inches) are cute, colorful, and quick to stitch in an afternoon or evening. The finished counted cross-stitch sampler measures 10×10 inches and makes a great gift for cross-stitching friends.

From Banar Designs, this kit was designed exclusively for the readers of *Better Homes and Gardens*® magazine and is not available in stores. Each kit comes with a photo, Fiddler's Cloth fabric, blue backing fabric, embroidery floss, buttons, needle, charts for the title and all 13 motifs shown, and instructions. One kit costs $19.95; additional kits shipped to the same address are $17 each. Prices include shipping, handling, and applicable sales tax.

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**Unbutton the old and button on the new to change the seasonal motifs on this sampler.**



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# High-Tech TV

Wider screens, higher definition images, and crisper audio are becoming a typical part of the TV-viewing experience. But improvements aren't limited to screen and sound. Today's program choices are better than ever—as are your abilities to interact with what you're watching.

Today's satellite dishes serve up hundreds of stations, and models with dual tuners (*above*) let you watch two different satellite channels from two TV sets. Digital receivers can give viewers complete control. You can pause any program, watch an instant replay (or run to the fridge), and then continue with your program. Perhaps the best feature: Most of the devices now cost less than $300.

## Did you know?

Satellite TV packages can be customized to Arabic, Greek, Polish, and other international programming.

## TOOLS FOR TUNING IN

**DISHPlayer 500 from DISH Network.** The digital satellite TV system (*left*) picks up two separate satellite feeds so it can deliver different programs to two TVs. Each TV requires its own receiver, which can also record without a tape. www.dishnetwork.com, 800/333-3474
■ **Price:** $299, plus program packages starting at $21.99/month.

**Philips Personal TV receiver with TiVo service.** This programmable receiver (*below*) matches your TV preferences with upcoming shows, then provides you with on-screen recommendations and the option to digitally record the shows. www.philipsusa.com, 877/367-8486; www.tivo.com
■ **Price:** $199, plus fee of $9.95/month.



**DIRECTV receiver from RCA with UltimateTV service from Microsoft.** A wireless keyboard and a receiver with a built-in hard drive (*below*) combine Internet access, interactive TV, and digital recording. www.rca.com, 800/336-1900
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by Becky Mollenkamp




# Keep Your Child's School Safe

## School is the safest place a child can be.

That's a fact, despite the chilling TV images we have all seen. School is safer than the local park, a parent's car, and even a child's home. Still, a majority of parents believe a shooting could happen in their kid's school.

"Shootings are very rare instances, and the likelihood of it happening in your child's school is about as good as a meteor hitting your house," says Ted Feinberg of the National Association of School Psychologists.

The shooting death of even one child in school is unacceptable, but far greater concerns on a day-to-day basis are bullying and harassment. For many students, these acts are commonplace.

"Being picked on and embarrassed has become a daily threat to some kids," says Ginny Markell, a teacher in Clackamas, Oregon, and a past president of the National Parent-Teachers Association. A *Journal of the American Medical Association* study found that 16 percent of children in grades 6 to 10 had been physically, verbally, or psychologically threatened by a bully.

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ILLUSTRATION BEATA SZPURA




He's the world's most lovable canary, the star of 45 animated shorts and always one step ahead of Sylvester. Now Looney Tunes' Tweety makes his debut in the classic ivory china and gold of Lenox.

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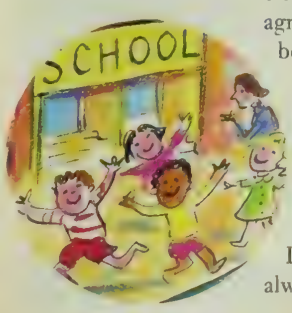
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# Keep Your Child's School Safe

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Most schools have gotten proactive in their efforts to fight violence. In addition to extra security measures, they have created programs that prevent bullying from becoming deadly. But schools warn that they can't do it alone—they need parents to participate in violence prevention both at school and in the home.

Schools need parents to participate in violence prevention both at school and in the home.






### Fight bullies

To combat the growing problem of bullying and harassment, many school districts are creating programs that teach children the skills needed to avoid conflicts or resolve them peacefully.

North Carolina's Charlotte-Mecklenberg School District, whose student enrollment tops 100,000, uses peer mediation to prevent disputes between students from escalating into violent acts. Since the program's inception at East Mecklenberg High School, Principal Ron Thompson says, "We just don't have fights here." Administrators estimate more than 4,000 children used peer mediation last year. District officials believe the program helped reduce expulsions and absenteeism.

In peer mediation, specially trained students help other students talk peacefully about the dispute, examine options for resolving it, and agree on a realistic solution that is agreeable to both parties. The program works because children find their peers easier to talk to than adults. That was the case for 14-year-old India Jones who, before becoming a trained mediator, used the program to resolve a dispute.

"It felt like the student understood what I was saying," she says. "Grown-ups don't always understand."

### Be a safety advocate

Metal detectors and ID tags don't necessarily make schools safe. More important is a positive environment and teachers who are committed to education, says Markell.

She says parents should visit their child's school. In addition to getting a feel for the environment, it is also a way to ask school administrators questions, such as:

- Does the school have a crisis plan, and does the plan clearly explain how a violent event would be handled?
- Is an adult who is trained to diffuse violence regularly visible on campus and in the hallways?
- Do the students feel comfortable talking to school personnel about safety concerns?
- Is curriculum, such as anger management, conflict resolution, or character education, being offered that teaches children skills necessary to avoid or peacefully resolve a conflict?
- Are the ideals taught in these programs posted throughout the school, and do the children know them?

If these safety measures aren't in place, Markell says, parents should join forces to advocate them.

### Partner with the school

By getting involved in their children's schools, parents send a message to school administrators that moms and dads care, are willing to make things better, and aren't just there to complain.

Most schools are rich with activities, both athletic and academic, that need parent volunteers. Parents can also get involved by attending parent-teacher conferences, joining the parent-teacher organization, or signing up for the school improvement team.

"It's an excellent way to get to know other parents and to see how the kids interact with each other," says Phyllis Summers, whose two daughters attend high school in a St. Louis suburb. "It's also a great way to talk to the administrators and see if they know what's going on, if they care, and if they know the kids in their school."

### Start at home

In addition to being aware of what goes on inside the school, parents must also be aware of what their child does with free time.

- Monitor children's entertainment habits, including television, Internet, and music.
- Know where children spend their time and with whom.
- Set parameters and consequences.
- Model behaviors that show children how to resolve conflicts with words, not fists.
- Reinforce the character-building skills and disciplinary rules that are taught at school.

For more information about peer mediation and peace promotion programs, visit National Center for Conflict Resolution Education at www.nccre.org, or call 800/308-9419.





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by Betsy Rubiner

# work lessons

Adults walk the line between telling the not-always-inspiring truth about work and inspiring kids to want to work.

**When parents' work-related** worries spill over into their homes, children pick up the signs of discontent—a sour mood, weariness, a missing smile, a sense that Mom and Dad are distracted. Furthermore, kids may get a discouraging message about what it's like to work, says Ellen Galinsky, president of the Families and Work Institute, a nonprofit research group in New York.

In Galinsky's book *Ask the Children: The Breakthrough Study That Reveals How to Succeed at Work and Parenting* (2000), she reports the following, based on a youth survey of over 1,000 children ages 8 through 18:

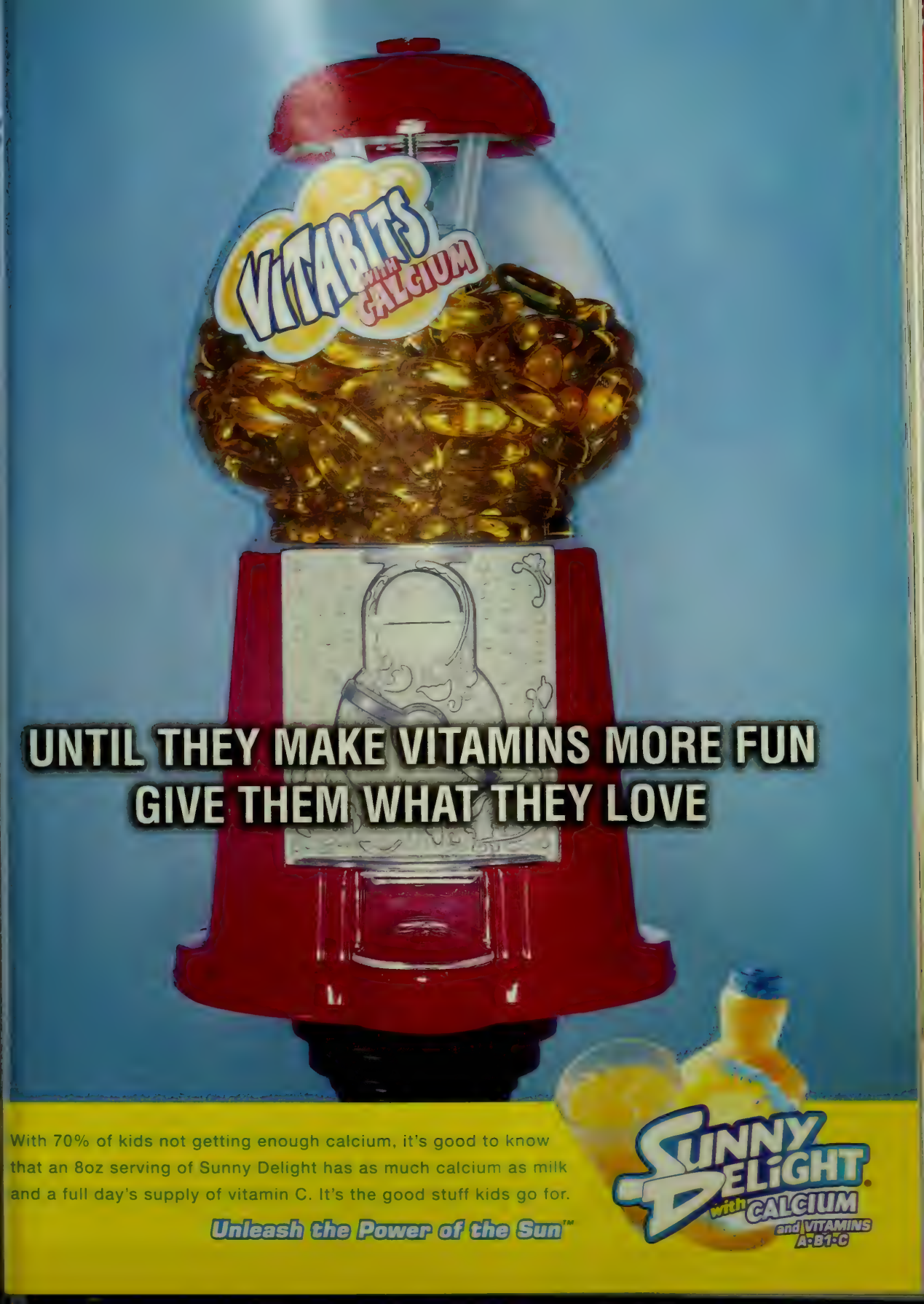
- When children were asked what they wished they could change about their parents' family and work life, a common response was, "I wish my parents would be less stressed or tired by work."
- Only 41 percent of the children thought their parents enjoyed their work a lot. That perception didn't match the response of parents: 60 percent of fathers and 69 percent of mothers reported liking work a lot.

Children probably aren't hearing enough about what parents enjoy in their jobs. "We're not remembering to share what successes we have, what energizes us, what's interesting about work," she says.

Parents aren't "very conscious about how they're conveying the world of work to their children," says Galinsky. "Kids are watching us all the time and they're certainly learning about work from how we feel about what we do, how we handle the tough and good moments."

Even when children don't hear parents complain, kids' sharp radars pick up signs of discontent. "When parents are experiencing stress at work,

continued on page 118


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 continued from page 116



**TEACH KIDS ABOUT WORK**

Here are some ways to help children learn about the world of work, from Ellen Galinsky's book *Ask the Children*:

- Have the children visit—and even help you out—at work. Or take pictures of your workplace so they can envision it.
- Share information about your job and interesting experiences at work. Welcome your child's questions about work and answer them directly and honestly.
- Explain the many reasons why you work and why you like your work. If you don't like it, you can also share some of those reasons.
- Sense when to stop talking about work.
- Young children learn through play. Encourage them to play different jobs, from office worker to airplane pilot.
- Invite house guests to describe their occupations to your children.

they are sometimes physically home but not emotionally home," says Kathleen E. Christensen, director of the Program on Working Families at the Alfred P. Sloan Foundation, New York.

If parents don't explain why they're preoccupied or ill tempered, children may get the wrong impression—that it's the youngsters' faults. "Time and time again, I heard misunderstanding and misinformation from children when parents didn't talk about work," reports Galinsky.

What message should parents give children about work? How do adults walk the line between telling the not-always-inspiring truth about work and inspiring kids to want to work?

**Be honest about work challenges**

Especially with older school-age children, parents shouldn't paint an unrealistically rosy picture. Share the good but don't hide the not-so-good. Work will be challenging—which can be stressful. That's life. So prepare your children. Explain how you faced a challenge, how you succeeded or "got back up on the horse," says Galinsky. How did you handle that work presentation you were worried about? How did you deal with a demanding boss or difficult coworkers?

These discussions may help your children when they have a class presentation, a demanding teacher, or difficult classmates. "There are a lot of lessons to be learned," says Galinsky. "Just be conscious of what you're teaching."

Children don't have to hear "long paragraphs about work," she adds. But especially if you leave for work in an anxious mood or come home depressed, children need some honest information so they don't blame themselves. For example, tell them that you've had a long day at work. It's okay to complain, in moderation—but try to be constructive.

Just how much you say about a distressing situation will vary, depending upon your child's age. "If there's downsizing going on and you're worrying about losing your job, you won't say that to a really little child," says Galinsky. But with an older child, you may say something like, "If I do lose my job, it will probably be hard for awhile, but it will give me a chance to think about what I most want to do."

**It's okay to love your work**

Parents should also avoid the common trap of verbally pitting work against family. "It's not a competition," Galinsky says. If your preschooler begs you not to leave for work, don't apologize or say you don't really want to work. It's okay to let her know that you love her—and that you really like your job, just as she loves you and likes her preschool.

Kathleen Christensen suggests having problem-solving family discussions at the dinner table about things that come up at work. Let the children know, for example, if you're expecting a demanding week at work and invite suggestions about "what we can all do to help us get through it."

Try also to see your behavior through your child's eyes. You may love your job and be so wrapped up in an interesting project that your child misinterprets your excitement as anxiety. "I don't know if children can always make that distinction," says Christensen. Clarify that you may look stressed, but you're actually excited and want to do your job well.

**Take time to unwind**

To avoid bringing home work stress, Christensen encourages parents—when possible—to take 10 to 15 minutes of "decompression time" before or soon after they get home. What's difficult for parents is that "abrupt transition from the stresses of work to the stresses of home," says Christensen. Parents need time to unwind, for their own well-being.

Among the best ways to teach children about work is for them to work a little, perhaps starting with unpaid internships. Preteens can mow lawns or baby-sit. "Provide children with the opportunity to see what work is like firsthand," says Christensen. "Until you can experience something, it doesn't make sense."

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- your child's doctor about all medications that your child is taking or intends to take.
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- TADATE® CD Capsules should not be used in patients:
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Please see brief summary of Prescribing Information on next page.

**Reference:** 1. IMS Health NDTI Audit. August 2000.

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*INFORMATION FOR PATIENTS TAKING METADATE® CD OR THEIR PARENTS OR CAREGIVERS*

# *Once-daily* METADATE® CD (methylphenidate HCl, USP)

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This information is for patients or their parents or caregivers taking METADATE *(MET-a-date)* CD Capsules for the treatment of Attention Deficit Hyperactivity Disorder.

Please read this before you start taking METADATE CD. Remember, this information does not take the place of your doctor's instructions. If you have any questions about this information or about METADATE CD, talk to your doctor or pharmacist.

***What is METADATE® CD?***

METADATE CD is a once-a-day treatment for Attention Deficit Hyperactivity Disorder, or ADHD. METADATE CD contains the drug methylphenidate, a central nervous system stimulant that has been used to treat ADHD for more than 30 years. METADATE CD is taken by mouth, once each day in the morning, before breakfast.

***What is Attention Deficit Hyperactivity Disorder?***

ADHD has three main types of symptoms: inattention, hyperactivity, and impulsiveness. Symptoms of inattention include not paying attention, making careless mistakes, not listening, not finishing tasks, not following directions, and being easily distracted. Symptoms of hyperactivity and impulsiveness include fidgeting, talking excessively, running around at inappropriate times, and interrupting others. Some patients have more symptoms of hyperactivity and impulsiveness while others have more symptoms of inattentiveness. Some patients have all three types of symptoms.

Many people have symptoms like these from time to time, but patients with ADHD have these symptoms more than others their age. Symptoms must be present for at least 6 months to be certain of the diagnosis.

***How does METADATE® CD work?***

The METADATE CD capsule dissolves right after you swallow it in the morning, giving you an initial dose of methylphenidate. The remaining drug is slowly released during the day to continue to help lessen the symptoms of ADHD. Methylphenidate, the active ingredient in METADATE CD, helps increase attention and decrease impulsiveness and hyperactivity in patients with ADHD.

***Who should NOT take METADATE® CD?***

You should NOT take METADATE CD if:

- You have significant anxiety, tension, or agitation since METADATE CD may make these conditions worse.
- You are allergic to methylphenidate or any of the other ingredients in METADATE CD.
- You have glaucoma, an eye disease.
- You have tics or Tourette's Syndrome, or a family history of Tourette's Syndrome.

Talk to your doctor if you believe any of these conditions apply to you.

***How should I take METADATE® CD?***

**Do not chew, crush, or open the capsules.** Swallow METADATE CD capsules whole with the help of water or other liquids, such as milk or juice.

Take METADATE CD once each day in the morning, before breakfast.

Take the dose prescribed by your doctor. Your doctor may adjust the amount of drug you take until it is right for you. From time to time, your doctor may interrupt your treatment to check your symptoms while you are not taking the drug.

***What are the possible side effects of METADATE® CD?***

In the clinical studies with patients using METADATE CD, the most common side effects were headache, stomach pain, sleeplessness, and decreased appetite. Other side effects seen with methylphenidate, the active ingredient in METADATE CD, include nausea, vomiting, dizziness, nervousness, tics, allergic reactions, increased blood pressure and psychosis (abnormal thinking or hallucinations).

This is not a complete list of possible side effects. Ask your doctor about other side effects. If you develop any side effect, talk to your doctor.

***What must I discuss with my doctor before taking METADATE® CD?***

Talk to your doctor ***before*** taking METADATE CD if you:

- Are being treated for depression or have symptoms of depress such as feelings of sadness, worthlessness, and hopelessness
- Have motion tics (hard-to-control, repeated twitching of any parts of your body) or verbal tics (hard-to-control repeating of sounds or wo
- Have somebody in your family with motion tics, verbal tics, or Tourette's Syndrome.
- Have abnormal thoughts or visions, hear abnormal sounds, or have been diagnosed with psychosis.
- Have had seizures (convulsions, epilepsy) or abnormal EEGs (electroencephalograms).
- Have high blood pressure.

Tell your doctor ***immediately*** if you develop any of the above co tions or symptoms while taking METADATE CD.

***Can I take METADATE® CD with other medicines?***

Tell your doctor about ***all*** medicines that you are taking or intend take. Your doctor should decide whether you can take METADATE CD with other medicines. These include:

- Other medicines that a doctor has prescribed.
- All medicines that you buy yourself without a prescription.
- Any herbal remedies that you may be taking.

You should not take METADATE CD with monoamine oxidase (MAO) inhibitors.

While on METADATE CD, do not start taking a new medicine herbal remedy before checking with your doctor.

METADATE CD may change the way your body reacts to cer medicines. These include medicines used to treat depression, p vent seizures, or prevent blood clots (commonly called "blood th ners"). Your doctor may need to change your dose of these med cines if you are taking them with METADATE CD.

***Other Important Safety Information:***

Abuse of methylphenidate can lead to dependence.

Tell your doctor if you have ever abused or been dependent on alc or drugs, or if you are now abusing or dependent on alcohol or drug ***Before*** taking METADATE CD, tell your doctor if you are pregna or plan on becoming pregnant. If you take methylphenidate, it m be in your breast milk. Tell your doctor if you are nursing a baby.

Tell your doctor if you have blurred vision when taking METADATE CD.

Slower growth (weight gain and/or height) has been reported long-term use of methylphenidate in children. Your doctor will be carefully watching your height and weight. If you are not growing gaining weight as your doctor expects, your doctor may stop yo METADATE CD treatment.

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***What else should I know about METADATE® CD?***

METADATE CD has not been studied in children under 6 years of a

METADATE CD may be a part of your overall treatment for ADHD. Your doctor may also recommend that you have counsel or other therapy.

As with all medicines, never share METADATE CD with anyo else and take only the number of METADATE CD Capsules pre-scribed by your doctor.

METADATE CD should be stored in a safe place at room tem ature (between 59°-86°F).

***For more information about METADATE® CD:***

METADATE CD Capsules are available by prescription. Only yo doctor knows what is right for you. This sheet is only a brief sum mary. If you have any questions, or want any information, talk wi your doctor or pharmacist, or call the number below.

**Keep out of the reach of children.**

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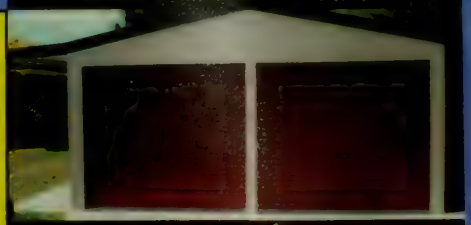
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AMERICAN BARN from $4,696.



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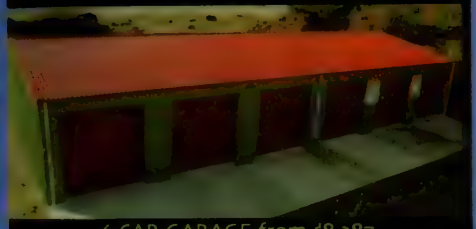
DOUBLE GARAGE from $2,995.



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# When dummies disagree

## Crash tests yield opposite results. Who's right?

Federal government safety experts recently crash-tested two Ford F-150 pickups and gave them excellent ratings—four and five stars out of five. In report card terms, the trucks earned all As and one B. Meanwhile, the insurance industry's safety center crash-tested a similar F-150 and flunked it, giving it their worst rating—poor.

This disparity is rare. The two test-crash centers operate separately, but they usually reach similar conclusions. For example, Volvo's S80 sedan, a poster car for auto safety, won five-star ratings across the board from government testers, and matched that with a top "best pick" rating from the insurance industry. So the contrasting results for the popular Ford F-150—the world's best selling vehicle for nearly two decades—left lots of buyers wondering, "Who's right?"

The answer is both. And that's not double-talk. Here's why:

continued on page 124



# Biotechnology researchers call it "golden" rice.

## For the color. For the opportunity.

***"When mothers and their children eat an adequate amount of vitamin A in a daily meal, it could help alleviate more suffering and illness than any single medicine has done."***

The excitement expressed by plant biologist Charles Arntzen reflects the golden opportunity that many see in a new strain of rice being developed with biotechnology. "Golden" rice contains increased amounts of beta-carotene, a source of vitamin A. Because rice is a crop eaten by almost half the world, golden rice could help relieve a global vitamin A deficiency that now causes blindness and infection in millions of the world's children.

Discoveries in biotechnology, from medicine to agriculture, are helping doctors treat our sick, farmers protect our crops – and could help mothers nourish our children, and keep them healthier. To learn more about biotechnology and agriculture, visit our Web site or call us.

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## Your Family Car

continued from page 122

"The two tests complement each other because they are different," says Russell Rader, a spokesman for the Insurance Institute for Highway Safety. "Consumers should look at both tests, not just one."

Government testers smash the vehicle head-on into a rigid barrier at 35 miles per hour. Experts say this full-frontal kind of crash is a good test of how the seat belts and air bags perform, but it demands less of the structure because the force of the collision is spread over the vehicle's entire front end.

The reverse is true of the insurance industry's approach, in which only a portion of the front end (40 percent) hits a deformable barrier at 40 mph. This so-called offset crash puts great stress on the car or truck's structure because the destructive forces are concentrated on less than half of the vehicle's front end.

Ford F-150s had no trouble with the government's head-on crashes. A 2001 four-door pickup earned five stars for both driver and passenger protection, while a 2001 extended cab model got four stars for driver, five for passenger.

But an F-150 XLT SuperCab had lots of trouble with the offset crash. Photos on the institute's Internet site (www.hwysafety.org) show "massive intrusion" into the driver's space. The seat pitched forward and wedged the dummy into a tight space. The air bag deployed late, so the dummy's head struck hard on the steering wheel, testers said.

Of four pickups tested recently by the insurance institute, only Toyota Tundra earned a good rating, tops on the institute's scale of good, acceptable, marginal, or poor. Chevrolet Silverado 1500 and it's near-twin, the GMC Sierra 1500, were rated marginal. Dodge Ram 1500 was rated poor.



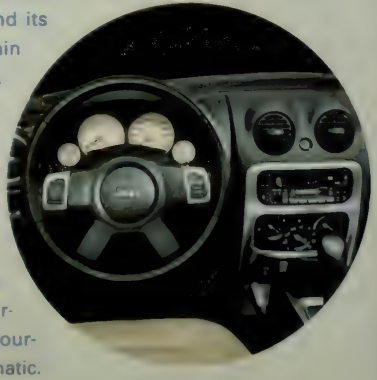
## Worth Checking Out

Few sport/utility vehicle drivers ever venture off the highway, at least not intentionally. They like the rugged, go-anywhere image of sport/utes, but don't really want to go where the going might actually get tough. Even Jeep, the off-road leader, says only about 15 percent of its buyers will trek to the end of the pavement so they can engage in serious rock crawling.

That still leaves about 85 percent saying, "Jeepers, I don't want to bounce over boulders or splash through streams. Just get me to the mall on time, thank you, and give me a smooth ride while you're at it."



So Jeep came up with the Liberty, a cute cross between the suburban soft roaders and rugged off roaders. It's perky round headlights and seven-slot grill give Liberty a perpetually surprised face that belies its 4,000-pound heft. The stiffest body Jeep has ever made helps Liberty's on-road manners and its ability to slug through off-road terrain that would trash wimpier competitors.



Although this 2002 model hasn't been crash-tested yet, its sturdy construction should create a solid safety cage. Multistage front air bags are standard; optional side curtain air bags provide head protection for both front and rear passengers. Prices are $17,035 for a two-wheel-drive, four-cylinder model and $22,400 for the four-wheel-drive Sport with V-6 and automatic.

continued on page 126




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continued from page 124

## That w





When Thunderbird first hit the streets in the mid-1950s (that's a 1957, *above right*), white gloves were "in" but matching safety belts were not yet standard.

The 2002 model (*below*) borrows styling cues from early T-Birds, such as the hardtop's porthole window, the hood scoop, and the egg-crate grill. But the new one gets seat belts with pretensioners and safety gear the old Birds never dreamed of, such as side-impact air bags.

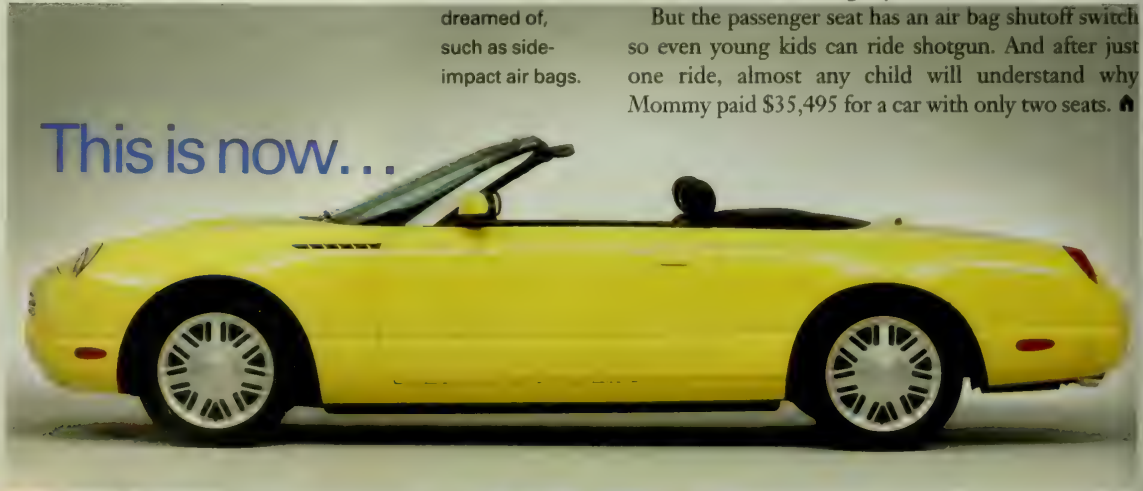
Thanks to "Fun, Fun, Fun" by the Beach Boys and the movie *American Graffiti*, the Ford Thunderbird has achieved pop culture icon status. There were better cars and more popular cars, but few evoke the 1950s and early '60s cruising image like the T-Bird.

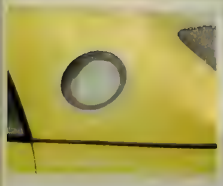
Five years after taking the T-Bird away, Ford is resurrecting the name on a V-8 powered roadster. It's more boulevard cruiser than sports car, but the 252-horsepower engine moves it around adroitly.

If you need space to haul the family, get a minivan instead. You won't get much in the trunk besides an overnight bag and a couple of duffels. Removing the optional $2,500 hardtop is a two-person job. And when the electric soft top is closed, you may find your head rubs on the ceiling if you're over 6 feet tall.

But the passenger seat has an air bag shutoff switch so even young kids can ride shotgun. And after just one ride, almost any child will understand why Mommy paid $35,495 for a car with only two seats.

## This is now...









## THE WARRIOR

*Determined not to inherit the curve in her grandmother's back.*





## THE ALLY

*Prescribes the only therapy proven to reduce spinal fractures in the very first year.*

# THEIR WEAPON

ACT NOW WITH

**Actonel**
(risedronate sodium tablets)

*Nonhormonal prescription medicine*

If you've lost enough bone, you can be vulnerable to spinal fractures you may not always feel. Eventually, spinal fractures may cause your back to curve into dowager's hump. If you've seen that curve in your grandmother, mother or aunts, you may be at risk for osteoporosis.

Some other risk factors include being Caucasian or Asian or smoking. Be aware, even extra calcium and exercise may not be enough to protect you from bone loss and fracture.

In the battle against postmenopausal osteoporosis, your strongest ally is your doctor. Ask about Actonel. Not only can Actonel reverse bone loss, it helps your bones become more fracture resistant.

You should not take Actonel if you have low blood calcium, severe kidney disease, or cannot sit or stand for 30 minutes. Stop taking Actonel and tell your doctor if you experience difficult or painful swallowing, chest pain or severe or continuing heartburn because these may be signs of serious upper digestive problems. Side effects are generally mild or moderate and may include stomach pain or upset, or constipation. Follow dosing instructions carefully.

**To learn more about Actonel and osteoporosis, talk to your healthcare provider, call toll-free 1-877-Actonel, or visit www.actonel.com.**

Women today don't have to accept bone loss the way our grandmothers did. Be a warrior. Fight fracture.



## HER RESULT

*Only Actonel is proven to reduce spinal fractures in the very first year*

Turn the page for additional information on Actonel and osteoporosis.

# Important Information for You About Actonel and Osteoporosis

## ■ ACTONEL® (AK-toh-nel) Patient Information generic name: (risedronate sodium tablets)

This leaflet tells you about ACTONEL and how to take it. Read this information carefully before you begin taking ACTONEL. It is important to take ACTONEL exactly as recommended. Read this information each time your prescription is refilled in case new information is available. This leaflet does not take the place of discussions with your health care provider because it does not describe all the risks and benefits of ACTONEL. ACTONEL can be prescribed and dispensed only by licensed health care professionals; they have information about your medical condition and more information about ACTONEL. Talk with your health care provider about ACTONEL before you start taking the medicine and during your regular checkups.

## ■ What is the most important information I should know about ACTONEL?

Take ACTONEL once a day or as directed by your health care provider. You must take ACTONEL exactly as recommended so that it will work and to reduce the risk of harmful side effects (see ***How should I take ACTONEL?***).

## ■ What is ACTONEL?

ACTONEL is a drug to treat and prevent osteoporosis. ACTONEL can reverse bone loss and help reduce the risk of breaking bones (fractures) by stopping further loss of bone and increasing bone mass. ACTONEL is not a hormone like estrogen (hormone replacement therapy used in postmenopausal women). Therefore, it does not have all the benefits and risks of estrogen.

## ■ What is osteoporosis?

Osteoporosis is a disease that causes bones to become thinner. Thin bones can break easily. Most people think of their bones as being solid like a rock. Actually, bone is tissue, just like other parts of the body—your heart, brain, or skin, for example. Bone just happens to be a harder type of tissue. Bone is always changing. Your body keeps your bones strong and healthy by replacing old bone with new bone.

When someone has osteoporosis, the body removes more bone than it replaces. This means that bones get weaker and are more likely to break. Osteoporosis is a bone disease that is quite common, especially in older women. However, young people and men can develop osteoporosis, too.

Osteoporosis can be prevented, and with proper therapy it can be effectively managed.

## ■ How can osteoporosis affect me?

In the early stages of osteoporosis, people often have no pain or other symptoms. As bones become weaker, they are more likely to break when someone falls—or even without a fall. While osteoporosis can affect any bone, the spine, wrist, and hip are the bones most likely to break. People with osteoporosis may "shrink" (lose height), develop a curved back, or have severe back pain that forces them to limit their activities.

## ■ Who i…rosis?

Many …or osteoporosis. Some are just part of who you are, like being a woman, going through menopause or already being postmenopausal, being Caucasian or Asian, being thin, or having a family history of osteoporosis. Other factors include not getting enough … or vitamin D, having an inactive lifestyle, …g cigarettes, or drinking too much alcohol. Long-term use of cortisone-type medicines (such as prednisone) can also cause osteoporosis in both men and women of all ages.

## ■ Who should not take ACTONEL?

Do not take ACTONEL if you have:

- low blood calcium (hypocalcemia)
- the inability to sit or stand upright for 30 minutes
- an allergy to ACTONEL
- severe kidney disease

If you are pregnant or nursing (breast-feeding), or have severe kidney disease, talk to your health care provider before taking ACTONEL.

## ■ How should I take ACTONEL?

Take ACTONEL once daily or as directed by your health care provider. It is important to take ACTONEL as recommended so that you can benefit from the medicine. Following these recommendations also helps ACTONEL work correctly and helps you avoid possible irritation of the esophagus, the tube connecting the mouth and the stomach.

Take one ACTONEL tablet first thing in the morning while in an upright position (sitting or standing) before you have anything to eat or drink (other than plain water). Do not eat or drink anything except plain water for 30 minutes after taking ACTONEL.

## ■ Remember:

- Take one ACTONEL tablet with 6 to 8 ounces (about 1 cup) of plain water (not coffee, tea, or juice, and ***especially not milk or other dairy products***).
- After taking ACTONEL, wait at least 30 minutes before lying down. You may sit, stand, or do normal activities like read the newspaper, take a walk, etc.
- Swallow ACTONEL whole rather than chewing it or waiting for it to dissolve.
- If you take vitamins, calcium, and antacids, take them at a different time of the day from when you take ACTONEL, at least 30 minutes after you take ACTONEL.
- If you forget to take ACTONEL, do not double your next dose. Simply take ACTONEL as you normally would for your next dose.
- You should continue to take ACTONEL for as long as your health care provider recommends. ACTONEL can treat your osteoporosis or help keep you from getting osteoporosis only if you continue to take it.

## ■ What should I avoid while taking ACTONEL?

Foods and some supplements and medicines can stop your body from absorbing ACTONEL. Therefore, do not take these products at or near the time you take ACTONEL: food, milk, calcium supplements, or calcium-, aluminum-, or magnesium-containing medicines, such as antacids (see ***How should I take ACTONEL?***). Ask your hea… care provider if there is anything else you shoul… avoid while taking this medicine.

## ■ What are the possible side effects of ACTONEL?

Most people have no problems with ACTONEL. However, ACTONEL may cause side effects. Si… effects from ACTONEL are usually mild. They generally do not cause patients to stop taking ACTONEL.

In studies of ACTONEL in patients with osteoporosis, the most common side effects wer… reported about as often with ACTONEL as with … placebo (sugar pill). They include upset stomac… abdominal (stomach area) pain, constipation, diarrhea, gas, and headache.

This summary does not include all the possible s… effects of ACTONEL. Talk to your health care provider about possible side effects. Tell your he… care provider if you feel discomfort in your stom… or esophagus (the tube connecting the mouth a… the stomach). Stop taking ACTONEL and tell yo… health care provider right away if swallowing is … difficult or painful, if you have chest pain, or if yo… have severe or continuing heartburn.

# Other important information

## ■ How can I tell if ACTONEL is working?

ACTONEL can build bone mass in most people … who take it, even though they won't be able to … or feel a difference. Your health care provider m… measure the thickness (density) of your bones to … check your progress. This is called a bone mine… density measurement.

## ■ What if I have other questions about ACTONEL?

If you have questions about ACTONEL, ask you… health care provider or pharmacist.

If you want to read more about ACTONEL, ask … your health care provider or pharmacist for the … labeling written for health care professionals.

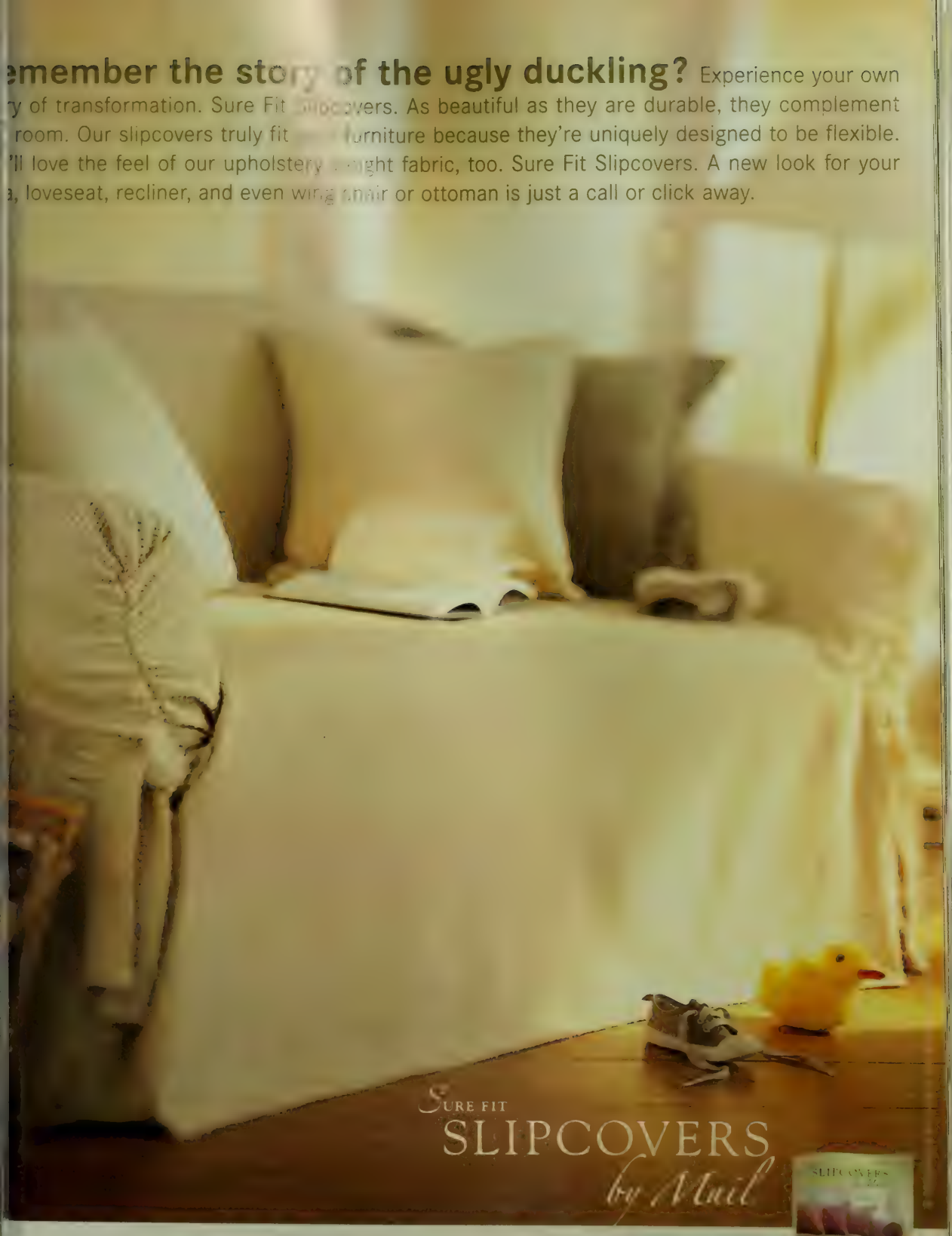
For more information, call 1-877-ACTONEL (to… free) or visit our web site at www.actonel.com.

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### CHEESE MAKES THE MEAL

Experiment with different mouth-watering cheeses to transform ordinary meals into one-dish wonders.

- If you love macaroni and cheese, try adding smoked Gouda or a five-cheese blend for irresistible flavor.
- Sprinkle sharp Romano or nutty Asiago along with shredded Parmesan on favorite pasta dishes for more pizzazz.
- When a baked dish calls for mozzarella, top it with buttery Gruyère and you've got a crowd pleaser.
- Make breakfast casseroles zestier with Pepper and Monterey Jack.
- Layer flavors in quiche with savory Swiss and fruity Fontina.

For more one-dish recipe ideas and information on cheese varieties like Pepato, brick, Scamorza and kasseri, visit **www.ilovecheese.com.**

*Ahh, the power of Cheese.*™

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Pressed for time to create a dinner the whole family will love? Yesterday's casseroles are back as today's meal solutions. Check the menu of your favorite restaurant this fall, and you'll find modern twists on mainstay meals such as chicken pot pies, macaroni and cheese, and baked rice dishes.

At home, it's simple to update your own tried-and-true family recipes with flavorful cheeses. With more than 300 varieties of domestic cow's milk cheeses to choose from, the possibilities are endless.

## Cheesy Herb Risotto

Add a twist to a traditional rice bake with *Cheesy Herb Risotto*, a modern version of an Italian classic.

Makes 8 servings • Prep time: 10 minutes • Cook time: 20-30 minutes

- 5-6 cups chicken broth
- 1½ tablespoons butter
- 1 cup onion, chopped
- 2 cups (1 pound) Arborio rice
- 1 box (10 ounces) frozen asparagus cuts, thawed
- ½ cup chopped sun-dried tomato
- 1 cup (4 oz.) grated Asiago chees
- ½ cup (2 oz.) grated Italian blend seasoned cheeses*
- Salt and pepper to taste
- ¼ cup julienned fresh basil, optio

Bring broth to a boil; lower heat and keep at a low simmer. In a large saucep melt butter over medium heat. Add onion; cook and stir until onion is soften (3-5 minutes). Add rice; cook and stir 2 to 3 minutes or until rice is coated. A ½ cup simmering broth; cook and stir until absorbed (2 minutes). Contin adding broth, ½ cup at a time, stirring frequently, until fully absorbed (15 to minutes). Stir in asparagus and sun-dried tomatoes 15 to 20 minutes after addi rice. Rice should be tender but firm with a creamy consistency. (Some broth m be left over.) Remove from heat; stir in cheeses, salt and pepper to taste and a basil, if desired. Serve immediately.

**Note: Substitute ¼ cup EACH grated mozzarella and grated provolone cheese. Add 1 small clove garlic, min ½ teaspoon dried oregano and ½ teaspoon dried basil leaves to saucepan with onion at beginning of recipe.*


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ONCE DAILY

# Nasacort AQ

(triamcinolone acetonide) Nasal Spray

For intranasal use only.

Shake Well Before Using

**BRIEF SUMMARY**

**CONTRAINDICATIONS**

Hypersensitivity to any of the ingredients of this preparation contraindicates its use.

**WARNINGS**

The replacement of a systemic corticosteroid with a topical corticosteroid can be accompanied by signs of adrenal insufficiency and, in addition, some patients may experience symptoms of withdrawal; *e.g.*, joint and/or muscular pain, lassitude and depression. Patients previously treated for prolonged periods with systemic corticosteroids and transferred to topical corticosteroids should be carefully monitored for acute adrenal insufficiency in response to stress. In those patients who have asthma or other clinical conditions requiring long-term systemic corticosteroid treatment, too rapid a decrease in systemic corticosteroids may cause a severe exacerbation of their symptoms.

Children who are on immunosuppressant drugs are more susceptible to infections than healthy children. Chickenpox and measles, for example, can have a more serious or even fatal course in children on immunosuppressant doses of corticosteroids. In such children, or in adults who have not had these diseases, particular care should be taken to avoid exposure. If exposed, therapy with varicella-zoster immune globulin (VZIG) or pooled intravenous immunoglobulin (IVIG), as appropriate, may be indicated. If chickenpox develops, treatment with antiviral agents may be considered.

**PRECAUTIONS**

**General:** In clinical studies with triamcinolone acetonide nasal spray, the development of localized infections of the nose and pharynx with *Candida albicans* has rarely occurred. When such an infection develops it may require treatment with appropriate local or systemic therapy and discontinuance of treatment with **Nasacort AQ** Nasal Spray.

**Nasacort AQ** Nasal Spray should be used with caution, if at all, in patients with active or quiescent tuberculous infection of the respiratory tract or in patients with untreated fungal, bacterial, or systemic viral infections or ocular herpes simplex.

Because of the inhibitory effect of corticosteroids, in patients who have experienced recent nasal septal ulcers, nasal surgery, or trauma, a corticosteroid should be used with caution until healing has occurred. As with other nasally inhaled corticosteroids, nasal septal perforations have been reported in rare instances.

When used at excessive doses, systemic corticosteroid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, **Nasacort AQ** Nasal Spray should be discontinued slowly, consistent with accepted procedures for discontinuing oral steroid therapy.

**Information for Patients:** Patients being treated with **Nasacort AQ** Nasal Spray should receive the following information and instructions. Patients who are on immunosuppressant doses of corticosteroids should be warned to avoid exposure to chickenpox or measles and, if exposed, to obtain medical advice.

Patients should use **Nasacort AQ** Nasal Spray at regular intervals since its effectiveness depends on its regular use. (See **DOSAGE AND ADMINISTRATION**.)

An improvement in some patient symptoms may be seen within the first day of treatment, and generally, it takes one week of treatment to reach maximum benefit. Initial assessment for response should be made during this time frame and periodically until the patient's symptoms are stabilized.

The patient should take the medication as directed and should not exceed the prescribed dosage. The patient should contact the physician if symptoms do not improve after three weeks, or if the condition worsens. Patients who experience recurrent episodes of epistaxis (nose bleeds) or nasal septum discomfort while taking this medication should contact their physician. For the proper use of this unit and to attain maximum improvement, the patient should read and follow the accompanying patient instructions carefully.

It is important to shake the bottle well before each use. **Also, the bottle should be discarded after 120 actuations since the amount of triamcinolone acetonide delivered thereafter per actuation may be substantially less than 55 mcg of drug.** Do not transfer any remaining suspension to another bottle.

**Carcinogenesis, Mutagenesis, and Impairment of Fertility:** In a two-year study in rats, triamcinolone acetonide caused no treatment-related carcinogenicity at oral doses up to 1.0 mcg/kg (approximately 1/30 and 1/50 of the maximum recommended daily intranasal dose in adults and children on a mcg/m$^2$ basis, respectively). In a two-year study in mice, triamcinolone acetonide caused no treatment-related carcinogenicity at oral doses up to 3.0 mcg/kg (approximately 1/12 and 1/30 of the maximum recommended daily intranasal dose in adults and children on a mcg/m$^2$ basis, respectively).

No mutagenicity studies with triamcinolone acetonide have been performed.

In male and female rats, triamcinolone acetonide caused no change in pregnancy rate at oral doses up to 15.0 mcg/kg (approximately 1/2 of the maximum recommended daily intranasal dose in adults on a mcg/m$^2$ basis). Triamcinolone acetonide caused increased fetal resorptions and stillbirths and decreases in pup weight and survival at doses of 5.0 mcg/kg and above (approximately 1/5 of the maximum recommended daily intranasal dose in adults on a mcg/m$^2$ basis). At 1.0 mcg/kg (approximately 1/30 of the maximum recommended daily intranasal dose in adults on a mcg/m$^2$ basis), it did not induce the above mentioned effects.

**Pregnancy:** *Teratogenic Effects: Pregnancy Category C.* Triamcinolone acetonide was teratogenic in rats, rabbits, and monkeys. In rats, triamcinolone acetonide was teratogenic at inhalation doses of 20 mcg/kg and above (approximately 7/10 of the maximum recom- daily intranasal dose in adults on a mcg/m$^2$ basis). In rabbits, triamcinolone was teratogenic at inhalation doses of 20 mcg/kg and above (approximately 2 t maximum recommended daily intranasal dose in adults on a mcg/m$^2$ basis). In monk cinolone acetonide was teratogenic at an inhalation dose of 500 mcg/kg (appr ly 37 times the maximum recommended daily intranasal dose in adults on a mc basis). Dose-related teratogenic effects in rats and rabbits included cleft palate and/or inte hydrocephaly and axial skeletal defects, whereas the effects observed in the monkey v cranial malformations.

There are no adequate and well-controlled studies in pregnant women. Therefore, trial nolone acetonide should be used in pregnancy only if the potential benefit justifies potential risk to the fetus. Since their introduction, experience with oral corticosteroid pharmacologic as opposed to physiologic doses suggests that rodents are more pron teratogenic effects from corticosteroids than humans. In addition, because there is a r ral increase in glucocorticoid production during pregnancy, most women will require a lo exogenous corticosteroid dose and many will not need corticosteroid treatment du pregnancy.

**Nonteratogenic Effects:** Hypoadrenalism may occur in infants born of mothers recei corticosteroids during pregnancy. Such infants should be carefully observed.

**Nursing Mothers:** It is not known whether triamcinolone acetonide is excreted in human m Because other corticosteroids are excreted in human milk, caution should be exercised w **Nasacort AQ** Nasal Spray is administered to nursing women.

**Pediatric Use:** Safety and effectiveness in pediatric patients below the age of 6 years h not been established.

Corticosteroids have been shown to cause growth suppression in children and teenag particularly with higher doses over extended periods. If a child or teenager on any corti teroid appears to have growth suppression, the possibility that they are particularly sens to this effect of corticosteroids should be considered.

**ADVERSE REACTIONS**

In placebo-controlled, double-blind, and open-label clinical studies, 1483 adults and dren 12 years and older received treatment with triamcinolone acetonide aqueous n spray. These patients were treated for an average duration of 51 days. In the controlled als (2-5 weeks duration) from which the following adverse reaction data are derived, 1 patients were treated with **Nasacort AQ** Nasal Spray for an average of 19 days. In a l term, open-label study, 172 patients received treatment for an average duration of 286 d

Adverse events occurring at an incidence of 2% or greater and more common am **Nasacort AQ**-treated patients than placebo-treated patients in controlled adult clinical t were:

| Adverse Events | Patients treated with 220 mcg triamcinolone acetonide (n=857) % | Vehicle Placebo (n=962) % |
|---|---|---|
| Pharyngitis | 5.1 | 3.6 |
| Epistaxis | 2.7 | 0.8 |
| Increase in cough | 2.1 | 1.5 |

A total of 602 children 6 to 12 years of age were studied in 3 double-blind, placebo- trolled clinical trials. Of these, 172 received 110 mcg/day and 207 received 220 mcg/da **Nasacort AQ** Nasal Spray for two, six, or twelve weeks. The longest average duration treatment for patients receiving 110 mcg/day and 220 mcg/day were 76 days and 80 d respectively. Only 1% of those patients treated with **Nasacort AQ** were discontinued du adverse experiences. No patient receiving 110 mcg/day discontinued due to a serious adv event and one patient receiving 220 mcg/day discontinued due to a serious event that considered not drug related. Overall, these studies found the adverse experience profil **Nasacort AQ** to be similar to placebo. A similar adverse event profile was observed in p atric patients 6-12 years of age as compared to older children and adults with the excep of epistaxis which occurred in less than 2% of the pediatric patients studied.

Adverse events occurring at an incidence of 2% or greater and more common among a patients treated with placebo than **Nasacort AQ** were: headache, and rhinitis. In children 6 to 12 years these events included: asthma, epistaxis, headache, infection, otitis m sinusitis, and vomiting.

In clinical trials, nasal septum perforation was reported in one adult patient although tionship to **Nasacort AQ** Nasal Spray has not been established.

In the event of accidental overdose, an increased potential for these adverse experie may be expected, but acute systemic adverse experiences are unlikely. (See **OVERDOSA**

**OVERDOSAGE**

Like any other nasally administered corticosteroid, acute overdosing is unlikely in vie the total amount of active ingredient present. In the event that the entire contents of the tle were administered all at once, via either oral or nasal application, clinically signifi systemic adverse events would most likely not result. The patient may experience some trointestinal upset.

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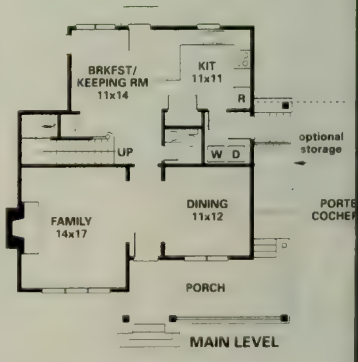
# Sensibly Simple

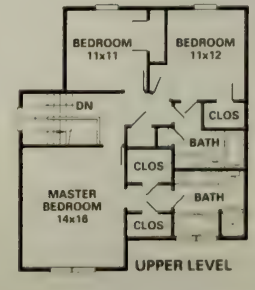
Sure to turn heads on any street, this modest-size house reaffirms the adage that less is more. Its roof planes are clean, its walls subtly textured and banded, and its columns crisply squared. The front porch extends as a porte cochere—a graceful alternative to a blank-faced attached garage.

Inside, simplicity goes hand in hand with flexibility. Broad archways on each side of the center hall let the two front rooms work as one, and a few extra square feet in the breakfast nook enable that room to double as a sitting area. Understairs space harbors a built-in workstation for the family's computer—handy yet off the beaten track. And upstairs, you can turn one of the bedrooms into a second suite by closing one door and opening another (to the hall bath).

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Craig Summers

# Gardening in the Round

When you have a wild passion for plants, sometimes you must restrain yourself in the manner of your planting. Dulcy Mahar, who admits to forever "falling in lust" with collector plants, has simplified the design of her backyard over the years. Now, she says, of her oval landscape, "the main point is to be able to stand on the porch and see a sweeping curve of garden spread out before you." continued on page 138


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# Gardening in the Round

continued from page 136

Dulcy, who gardens in Portland, Oregon, began seriously carving up her backyard's big expanse of lawn 12 years ago. She describes the process, the mistakes, and the metamorphosis thusly:

"In my first phase of gardening—I call it my Instinctual Phase—I divided the lot into garden rooms. I put in a boxwood garden, which has at various times surrounded a rose garden, then a white garden, and now has vegetables. When I started planting flowers, I began with just borders. I was in love with the English Garden look. I also put

continued on page 140



JUST MOVE IT

Dulcy dug her first pond under some shady trees. Big mistake. So she dug this one in the center of her yard and used the dirt to fill in the other one. "Now I can grow water lilies," she says. "The plants we selected to go around the pond were picked for foliage color."

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## Gardening in the Round

continued from page 138

### Do as Dulcy does

Dulcy, who visits England, a nation of gardeners, once a year, has brought home a wealth of information and tips for American gardeners.

- **On verticality:** "One of the things that influenced me was the layered look that I saw there. I realized that my garden was flat compared to what I was seeing there, so I started paying more attention to size of the plants."

- **On good bones:** "I realized that my flower beds were just flower beds. Boring. So I began insinuating shrubs and ornamental trees into my flower beds."

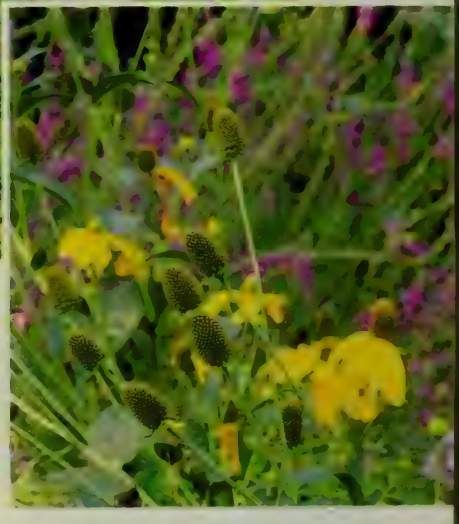
- **On rejection:** "I've been married to the same man for 37 years, so I save my fickleness for my plants. I change my mind a lot in what I love or am eager to use. I don't waste time growing plants that don't do well. If something doesn't do well, out it goes."

- **On fleeting flowers:** "I try to think of structure and color of the plant, how it will look all year, not just the flowers."

- **On trendiness:** "I love unusual plants and will always try new ones. But I am not a plant snob. I visited Monet's garden, and it was so stunning I could hardly breathe. But when I got home and looked at my slides, I saw that the garden was made up of ordinary things likes roses and poppies and irises. That was a good lesson to learn."



GLOW SOME
Dulcy lights up her yard with yellow flowers, gold grasses, and variegated ginger and cannas.



ACCEPT IT
"The garden has peaks and valleys of bloom," Dulcy says. Rudbeckias (*right*) and sunflowers are summer mainstays.

in two rectangular planting beds that we called 'the two graves.' The borders started as skimpy and straight. Then they got voluptuous and undulating. I'd add a couple of feet to it here and there, and pretty soon the borders looked like rickrack. So I rounded the curves to show more looping shapes, more gentle curves. And it was then the garden started to take shape."

Now the garden had a semicircle shape and a real ebb and flow to it. But Dulcy wasn't done yet. "After I had lived with the horseshoe

continued on page 142




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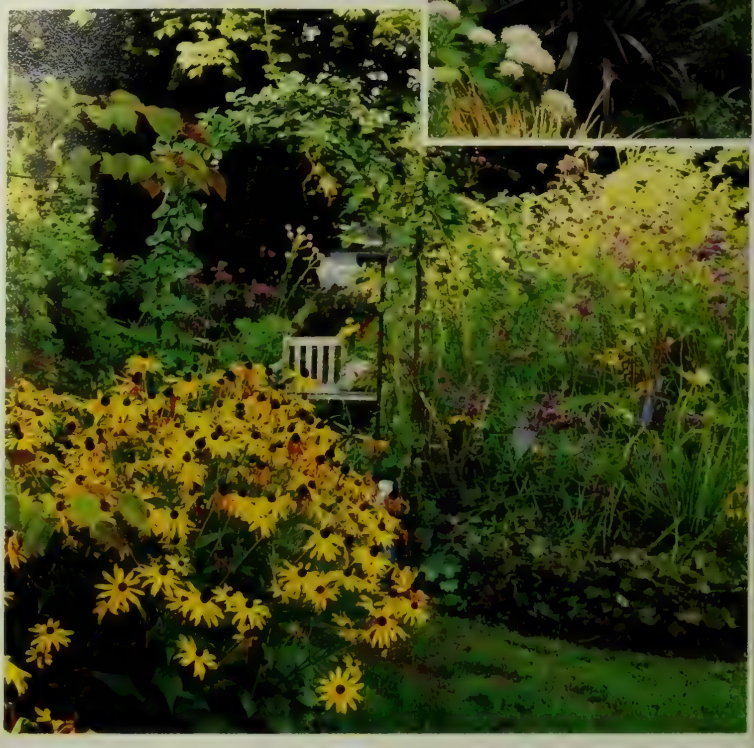
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## Ga[illegible] the Round

[illegible] uses strap-leaved plants and huge foliage. Dark New Zealand flax and bright canna leaves (*right*) impart a tropical effect.





LET IT FLOW
She plants in drifts of color "to avoid that polka-dot effect." Verbena bonariensis and another Rudbeckia (*above*) beckon toward a seating area.

shape for a while, I realized that the garden stopped at the two ends of the porch, with just grass up against the deck. And I had an epiphany: The area closest to the porch is the sunniest part of the garden. Why not make that a rock garden? I had always thought of rock gardens as pieces of the garden that just don't fit anywhere, and here was the perfect spot.

"The rock garden is really a flat-rock garden between pavers, and now the backyard layout is no longer U-shaped. Now it is amoeba-shaped."

As you can tell, Dulcy has no compunction about moving, reshaping, or reworking borders. Remember: This

continued on page 144




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# Gardening in the Round

continued from page 142

SUBMIT

Lady's mantle (foreground, *right*) is a favorite of Dulcy's. "The alchemilla has had its way with me," she says. "I let it spread wherever it wants to go."

RELAX

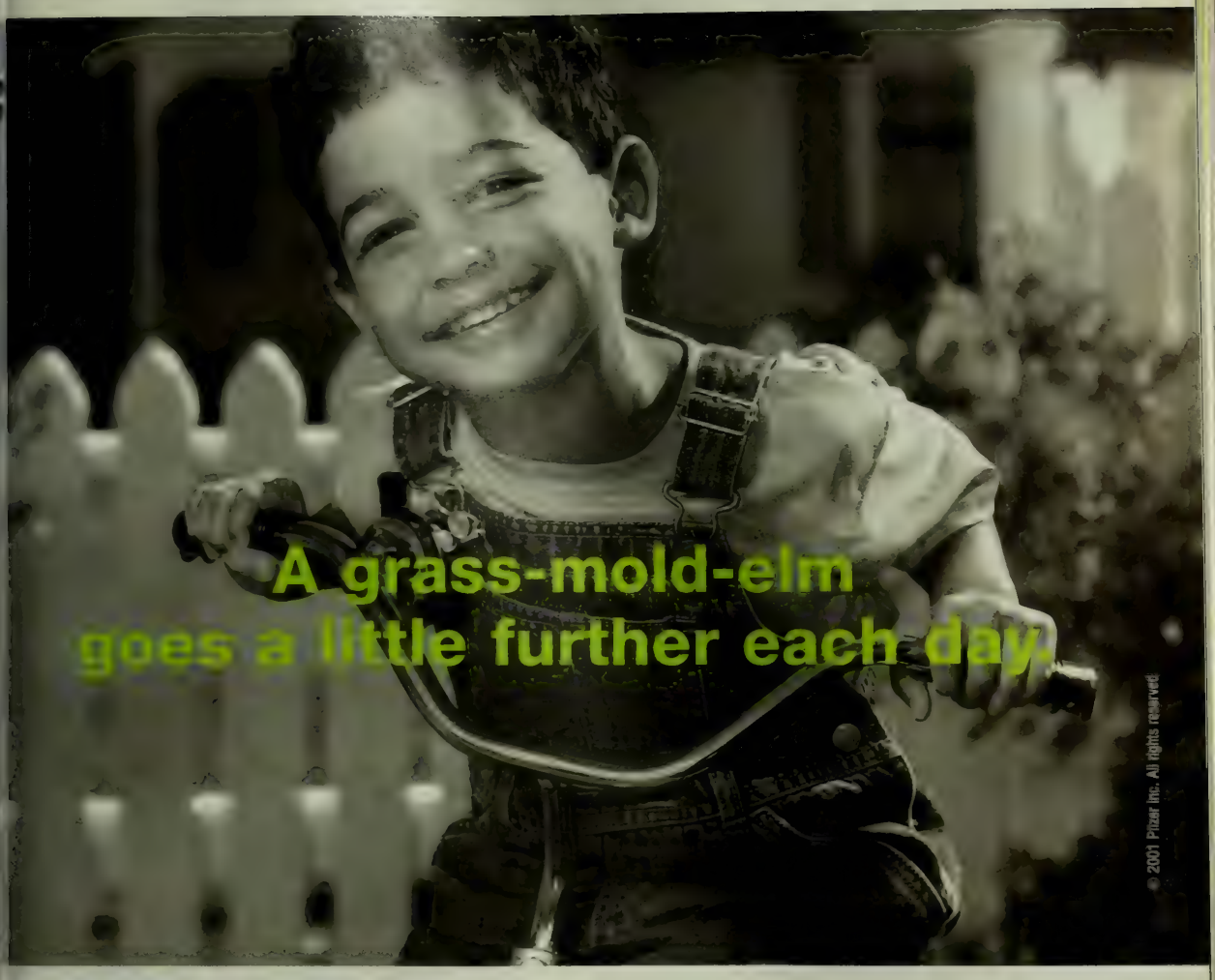
"I have gardening skills slightly more sophisticated than the cats," says Ted. "But I love living in this world that Dulcy has created."



is a woman who has even moved a pond or two. As her husband, Ted, says, "Dulcy's favorite tool is the garden hose. She starts laying it out on the grass, moves it around, and there's the shape of a new part of the garden."

Says Dulcy, "I've always had the courage to take risks in my garden, so I just plunge right ahead and try a lot of different things. Gardens are very forgiving," she says, "and you can undo most mistakes."

Buying information, page 280




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It is possible that larger theophylline ... **Carcinogenesis, Mutagenesis and Impairment of Fertility:** In a 2-year carcinogenicity study ... at dietary doses up to 20 mg/kg (approximately 15 times the maximum recommended daily oral dose ... approximately 10 times the maximum recommended daily oral dose in children on a mg/m² basis). ... these agents caused an increased incidence of benign liver tumors in males at a dietary dose of ... maximum recommended daily oral dose in adults on a mg/m² basis, or approximately 4 times the ... mg/kg/day on a mg/m² basis). No increase in the incidence of liver tumors was observed in mice at ... 2 times the maximum recommended daily oral dose in adults on a mg/m² basis, or approximately ... daily oral dose in children on a mg/m² basis). The clinical significance of these findings ... Cetirizine was not mutagenic in the Ames test, and not clastogenic in the human lymphocyte ... micronucleus test in rats. In a fertility and general reproductive performance study in mice ... dose of 64 mg/kg (approximately 25 times the maximum recommended daily oral dose in adults on a ... **Pregnancy Category B:** In mice, rats and rabbits, cetirizine was not teratogenic at oral doses up to 96, 225 and 135 mg/kg, ... 180 and 2200 times the maximum recommended daily oral dose in adults on a mg/m² basis. There are no adequate and well-controlled studies in pregnant women. Because animal studies are not always predictive of human response, ZYRTEC ... be used during pregnancy only if clearly needed. **Nursing Mothers:** In mice, cetirizine caused retarded pup weight gain during ... (approximately 96 mg/kg, approximately 40 times the maximum recommended daily oral dose in adults on a mg/m² basis). It is indicated that approximately 3% of the dose was excreted in milk. Cetirizine has been reported to be excreted ... Because many drugs are excreted in human milk, use of ZYRTEC in nursing mothers is not recommended. **Geriatric Use:** ... number of patients in clinical studies of ZYRTEC (186 patients were 65 years and older and 39 patients were ... years or older), overall differences in safety were observed between these patients and younger patients, but greater sensitivity of some older individuals cannot be ruled out. With regard to efficacy, clinical studies of ZYRTEC (which approved indication did not include asthma) ... patients aged 65 years and older to determine whether they respond differently than younger patients. ZYRTEC is known to be substantially excreted by the kidney, and the risk of toxic reactions to this drug may be greater in patients with impaired renal function. Because elderly patients are more likely to have decreased renal function, care should be taken in dose selection, and it may be useful to monitor renal function. **Pediatric Use:** The safety of ZYRTEC at daily doses of 5 or 10 mg has been demonstrated in 376 pediatric subjects 6 to 12 years in placebo-controlled trials lasting up to four weeks and in 254 patients in a non-placebo-controlled 12-week ... The safety and efficacy of cetirizine has been demonstrated in 166 patients aged 2 to 5 years in placebo-controlled trials of up to 4 weeks duration ... In these studies, most of the 166 patients received between 0.2 and 0.4 mg/kg of cetirizine HCl. The effectiveness of ZYRTEC for the treatment ... is based on adequate and well-controlled studies of the demonstrated efficacy of ZYRTEC in adults in these conditions and the likelihood that the disease course, pathophysiology, and the drug's effect are substantially similar between these two populations. The recommended doses for the pediatric population are based ... cross-study comparisons of the pharmacokinetics and pharmacodynamics of cetirizine in adult and pediatric subjects and on the safety profile of cetirizine in both adult and pediatric patients at doses equal to or higher than the recommended doses. The pharmacokinetics of cetirizine in pediatric subjects aged 2 to 5 years who received a single dose of 5 mg of cetirizine syrup and in pediatric subjects aged 6 to 11 years who received a single dose of 10 mg of cetirizine syrup were estimated to be intermediate between that observed in adults who received a single dose of 10 mg of cetirizine tablets and those who received a single dose of 20 mg of cetirizine tablets. The safety and effectiveness of cetirizine in pediatric patients under the age of 2 years have not yet been established. **ADVERSE REACTIONS** Controlled and uncontrolled clinical trials conducted in the United States and Canada included more than 6000 patients aged 12 years and older who received ZYRTEC at doses of 5 to 20 mg per day. The duration of treatment ranged from 1 week to 6 months, with a mean exposure of 30 days. Most adverse reactions reported during therapy with ZYRTEC were mild to moderate. In placebo-controlled trials, the incidence of discontinuations due to adverse reactions in patients receiving ZYRTEC 5 or 10 mg was not significantly different from placebo (2.9% vs. 2.4% respectively). The most common adverse reaction in patients aged 12 years and older that occurred more frequently on ZYRTEC than placebo was somnolence. The incidence of somnolence associated with ZYRTEC was dose related: 6% in placebo, 11% at 5 mg, and 14% at 10 mg. Discontinuations due to somnolence for ZYRTEC were uncommon (1.0% on ZYRTEC vs. 0.6% on placebo). Fatigue and dry mouth also appeared to be treatment-related adverse reactions. There were no differences by age, race, gender or by body weight with regard to the incidence of adverse reactions. Table 1 lists adverse experiences in patients aged 12 years and older who were reported for ZYRTEC 5 and 10 mg, in controlled clinical trials in the United States and that were more common with ZYRTEC than placebo.

**Table 1. Adverse Experiences Reported in Patients Aged 12 Years and Older in Placebo-Controlled United States ZYRTEC Trials (Maximum Dose of 10 mg) at Rates of 2% or Greater (Percent Incidence) ZYRTEC (N=2034) Placebo (N=1612) respectively:** Somnolence (13.1 vs 6.3), Fatigue (5.9 vs 2.6), Dry Mouth (5.0 vs 2.3), Pharyngitis (2.0 vs 1.9), Dizziness (2.1 vs 1.2). In addition, headache and nausea occurred in more than 2% of the patients, but were more common in placebo patients. Pediatric studies were also conducted with ZYRTEC. More than 1300 pediatric patients aged 6 to 11 years with more than 900 treated with ZYRTEC at doses of 1.25 to 10 mg per day were included in controlled and uncontrolled clinical trials conducted in the United States. The duration of treatment ranged from 2 to 12 weeks. Placebo-controlled trials, up to 4 weeks duration, included 168 pediatric patients aged 2 to 5 years who received cetirizine. The majority of whom received single daily doses of 5 mg. The majority of adverse reactions reported in pediatric patients aged 2 to 11 years with ZYRTEC were mild or moderate. In placebo-controlled trials, the incidence of discontinuations due to adverse reactions in pediatric patients receiving up to 10 mg of ZYRTEC was uncommon (0.4% on ZYRTEC vs. 1.0% on placebo). Table 2 lists adverse experiences which were reported for ZYRTEC 5 and 10 mg in pediatric patients aged 6 to 11 years in placebo-controlled clinical trials in the United States and were more common with ZYRTEC than placebo. Of these, abdominal pain was considered treatment-related and somnolence appeared to be dose-related: 1.3% in placebo, 1.9% at 5 mg and 4.2% at 10 mg. The adverse experiences reported in pediatric patients aged 2 to 5 years in placebo-controlled trials were qualitatively similar in nature and generally similar in frequency to those reported in trials with children aged 6 to 11 years.

**Table 2. Adverse Experiences Reported in Pediatric Patients Aged 6 to 11 Years in Placebo-Controlled United States ZYRTEC Trials (5 or 10 mg Dose) Which Occurred at a Frequency of 2% in Either the 5-mg or the 10-mg ZYRTEC Group, and More Frequently Than in the Placebo Group. ZYRTEC 5 mg (N=161), 10 mg (N=215) vs placebo (N=309):** Headache (11.0%, 5 mg 14.0%, 10 mg 12.3%, placebo) Pharyngitis (6.2%, 5 mg 2.8%, 10 mg, 2.9%, placebo), Abdominal pain (4.4%, 5 mg, 5.6%, 10 mg, 1.9%, placebo), Coughing (4.4%, 5 mg, 2.8%, 10 mg, 3.9%, placebo), Somnolence (1.9%, 5 mg, 4.2%, 10 mg, 1.3%, placebo) Diarrhea (3.1%, 5 mg, 1.9%, 10 mg, 1.3%, placebo), Epistaxis (3.7%, 5 mg, 1.9%, 10 mg, 2.9% placebo) Bronchospasm (3.1%, 5 mg, 1.9%, 10 mg, 1.9%, placebo) Nausea (1.9%, 5 mg, 2.8%, 10 mg, 1.9%, placebo) Vomiting (2.5%, 5 mg, 2.3%, 10 mg, 1.0%, placebo). The following events were observed infrequently (less than 2%), in either 3982 adults and children 12 years and older or in 659 pediatric patients aged 6 to 11 years who received ZYRTEC in U.S. trials, including an open adult study of six months duration. A causal relationship of these infrequent events with ZYRTEC administration has not been established. **Autonomic Nervous System:** anosmia, flushing, increased salivation, urinary retention. **Cardiovascular:** cardiac failure, hypertension, palpitation, tachycardia. **Central and Peripheral Nervous Systems:** abnormal coordination, ataxia, confusion, dysphonia, hyperesthesia, hyperkinesia, hypertonia, hypoesthesia, leg cramps, migraine, myelitis, paralysis, paresthesia, ptosis, syncope, tremor, twitching, vertigo, visual field defect. **Gastrointestinal:** abnormal hepatic function, aggravated bowel canes, constipation, dyspepsia, eructation, flatulence, gastritis, hemorrhoids, increased appetite, melena, rectal hemorrhage, stomatitis, including ulcerative stomatitis, tongue discoloration, tongue edema. **Genitourinary:** cystitis, dysuria, hematuria, micturition frequency, polyuria, urinary incontinence, urinary tract infection. **Hearing and Vestibular:** deafness, earache, otitis media, tinnitus. **Metabolic/Nutritional:** dehydration, diabetes mellitus, thirst. **Musculoskeletal:** arthralgia, arthritis, arthrosis, muscle weakness, myalgia. **Psychiatric:** abnormal thinking, agitation, amnesia, anxiety, decreased libido, depersonalization, depression, emotional lability, euphoria, impaired concentration, insomnia, nervousness, paroniria, sleep disorder. **Respiratory System:** bronchial hyperreactivity, hyperventilation, increased sputum, pneumonia, respiratory disorder, rhinitis, sinusitis, upper respiratory tract infection. **Reproductive:** dysmenorrhea, female breast pain, intermenstrual bleeding, leukorrhea, menorrhagia, vaginitis. **Reticuloendothelial:** lymphadenopathy. **Skin:** acne, alopecia, angioedema, bullous eruption, dermatitis, dry skin, eczematous erythematous rash, fungal infections, hyperkeratosis, hypertrichosis, increased sweating, maculopapular rash, photosensitivity reaction, pruritus, purpuric rash, seborrhea, skin disorder, skin nodule, urticaria. **Special Senses:** parosmia, taste disturbance, taste perversion. **Vision:** blindness, conjunctivitis, eye pain, glaucoma, loss of accommodation, ocular hemorrhage, xeropthalmia. **Body as a Whole:** accidental injury, asthenia, back pain, chest pain, enlarged abdomen, face edema, fever, generalized edema, hot flashes, increased weight, malaise, nasal polyp, pain, pallor, periorbital edema, peripheral edema, rigors. Occasional instances of transient, reversible hepatic transaminase elevations have occurred during cetirizine therapy. Hepatitis with significant transaminase elevation, and jaundice in association with the use of ZYRTEC, has been reported. In one group receiving cetirizine in the following conditions, the but potentially severe adverse events have been reported: anaphylaxis, cholestasis, granulocytopenia, hemolytic anemia, hepatitis, thrombocytopenia, vasculitis, Stevens-Johnson syndrome, and thrombocytopenia. **DRUG ABUSE AND DEPENDENCE** There is no evidence that cetirizine causes drug dependency or abuse with ZYRTEC. **OVERDOSAGE** Overdosage has been reported with ZYRTEC. In one adult patient who took 150 mg, ZYRTEC was sedated, but did not display any other consequences of abnormal blood chemistry or hematology results. In another patient who took an overdose of ZYRTEC (approximately 180 mg), restlessness and mydriasis were observed. In any case, this was followed by drowsiness. Should overdose occur, treatment should be symptomatic and supportive. Gastric lavage can be considered if ingestion is recent. There is no known specific antidote to ZYRTEC. ZYRTEC can be removed by hemodialysis. In the controlled clinical studies, adult and pediatric subjects ... daily dosage ... have been accidentally ingested. The acute oral LD50 in rats was 2,151 mg/kg, which is approximately 97 times the maximum recommended daily oral dose in adults on a mg/m² basis (approximately 55 times the maximum recommended daily oral dose in children on a mg/m² basis), and 562 mg/kg in rats (approximately 40 times the maximum recommended daily oral dose in adults on a mg/m² basis, or approximately 270 times the maximum recommended daily oral dose in children on a mg/m² basis). In rodents, the target of acute toxicity was the central nervous system. The target of multiple-dose toxicity was the liver.

Cetirizine ... from UCB Pharma Inc.

Printed in U.S.A. 70 4573-00-4 Revised March 2000

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# More to the Fore

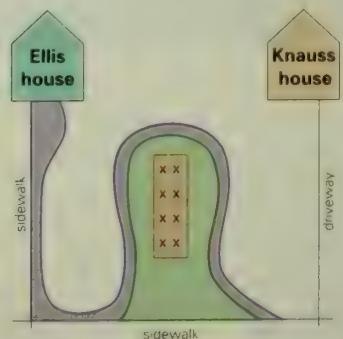
by Craig Summers Black

**A shared garden bed on the property line makes two couples' front yards twice as nice. Here's how four neighborly gardeners shared a vision.**

Far too often a garden bed along the property line rises in gorgeous layers to the point where an invisible guillotine seems to have descended—*chop!*—truncating the heady bouquet at its tallest point. Because when a gardener lives next to a nongardener—a lawnmeister, say, or a fence builder—the look can be either schizophrenic or downright unfriendly. But when gardening neighbors get together to build a bed that descends from their shared lot line, the results are front yards that are twice as nice.

We have visited Rosemary and Walt Ellis and Lynne and Art Knauss before (see the March 1998 issue), not long after they finished their project. At least they thought they were finished. They had taken out a scraggly line of roses ("It was ugly," says Rosemary) and created a flowing vision. The couples liked the look so much that last season they *expanded* the flowerbed. "It's been a lot of fun," Rosemary says. "They're just great neighbors."

And now the Shared Garden Movement spreads. The Ellises' neighbor on the other side likes the look so much that she is joining in. This season, *their* shared flower border will be complete.




- The original bed: 5 by 20 feet (former owners)
- The shared garden begins: 10 by 30 feet (1997)
- The expanded shared garden: 15 by 33 feet

From their front yard (*top right*), Rosemary and Walt Ellis can see a colorful perennial bed and a filtered view of their neighbors' house.









For Lynne and Art Knauss, their front-yard view (*bottom left*) looks across the other side of the same colorful bed, getting a glimpse of the Ellis house.








editor's choice

# Touched by a Blossom

**You can never have enough clematis. Really. In their nearly mystifying array of blossom sizes and colors, these hardy climbing vines can dress up garden structures and out-of-flower ornamentals.**

Training a clematis to grow up a once-blooming rose is the classic manner of making the bush "bloom" all season long. In late summer after the roses are no more, the clematis begins to bloom. You can match the clematis to the rose color or attune the vine to complement the late-season palette.

My Angel is a small-flowering (¾ of an inch) clematis that displays a bold medley of colors. The petals are purple-bronze on the outside, yet yellow-orange inside with creamy edges. On close examination the leaves are colorful as well, infused with a bluish cast. In fall, spent blossoms explode into wispy, wiry, silver-white seed heads, extending the "bloom" season even further.

- **Growth habit:** To 10 feet tall and 15 feet wide.
- **Hardiness:** Minus 30°.
- **Bloom time:** Summer.
- **Light:** Head in full sun, feet in the shade.
- **To order:** See *page 154*.

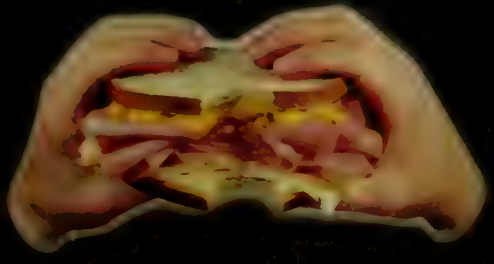
*My Angel Clematis*
*(Clematis My Angel)*

by Craig Summers Black

cont... page 150

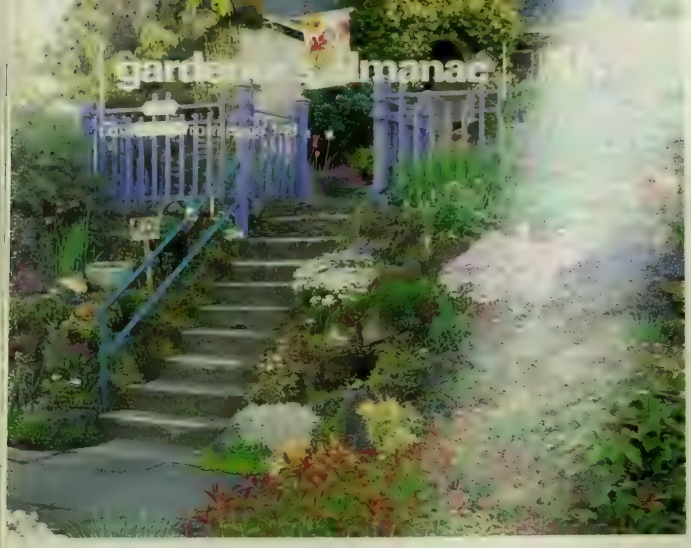



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Colorful perennials complement JoAnn and Roger Thomas' front yard fence (*left*).



The mileage marker (*right*) was inspired by one JoAnn saw in Ireland "all cattywampus."

## looking good

**Am I blue? No, periwinkle**

After several tries at blending paints, interior designer JoAnn Thomas fashioned the color she wanted for her fence and garden structures. Periwinkle, she thought, and it was good. Now her home's exterior is as colorful as its interior. JoAnn also leads tours to Asia for collectors of ethnic tiles, jewelry, and handicrafts. A "signpost" in her yard notes the mileage to her favorite travel spots, accented—of course—in her signature somewhat-blue hue.

continued on page 152





A Lady Banks rose frames the front door in the Thomases' Portland, Oregon, garden (*left*).



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# Boy, I could stand to lose a few pounds, thought Maxine.

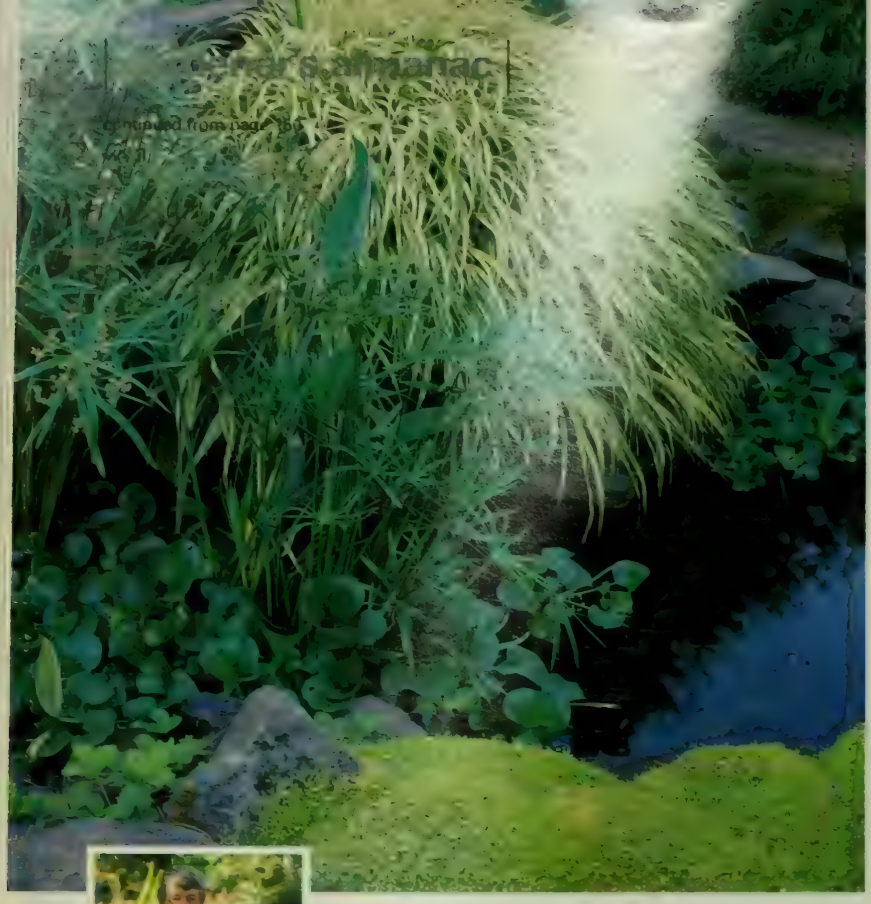
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continued from page 150





Purple liatris, purple sedum, and Solfatare crocosmia shield variegated lysimachia (*above*).

Hakone grass creates a waterfall of gold all its own (*left*). "It's doing exactly what I wanted it to do," says Penny (*far left*).

Firetail persicaria weaves through torches of Percy's Pride kniphofia and Sutherland Gold elderberry (*below*).



## perfect pairs

**And did she mention texture?**

Penny Vogel used to be a quilter. "Now I do it with flowers," she says. And her background serves her well in the landscape. "One thing I've learned is: texture, texture, texture," she says. "I had to work on learning that. You can't throw in a bunch of little flowers and expect it to work. You've got to have foliage texture—something with big leaves or big flowers that grabs you and provides contrast." Penny, who gardens in Estacada, Oregon, has something to say about color, too: "When you garden in the sun, which primarily is what I do, let's face it: Pastels just don't cut it. They get lost."

continued on page 154



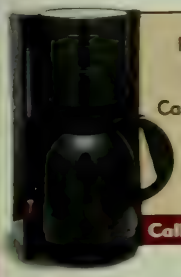
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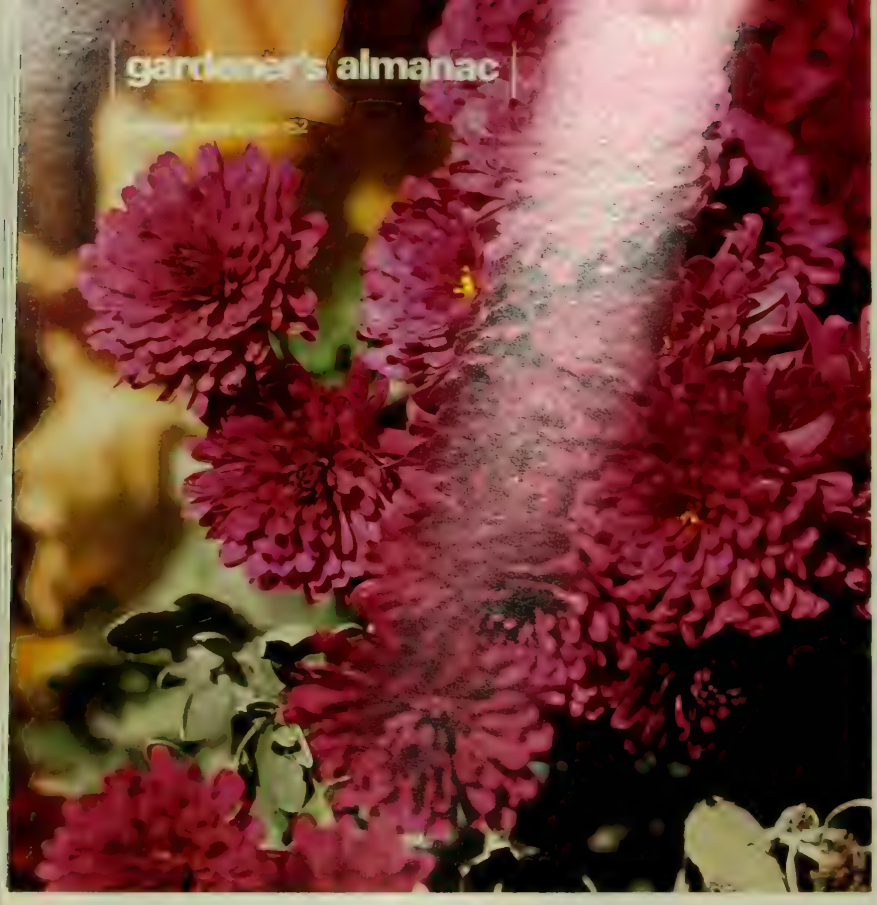
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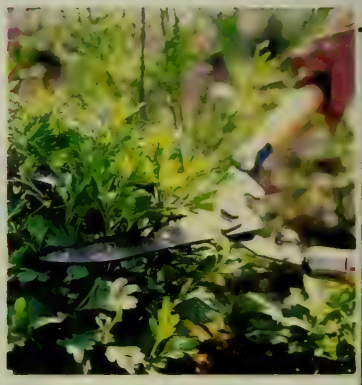
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Don't want your garden mums growing to shrub size? Take a whack at them with hedge shears in early to midsummer.





## test garden tip

### A snip in time

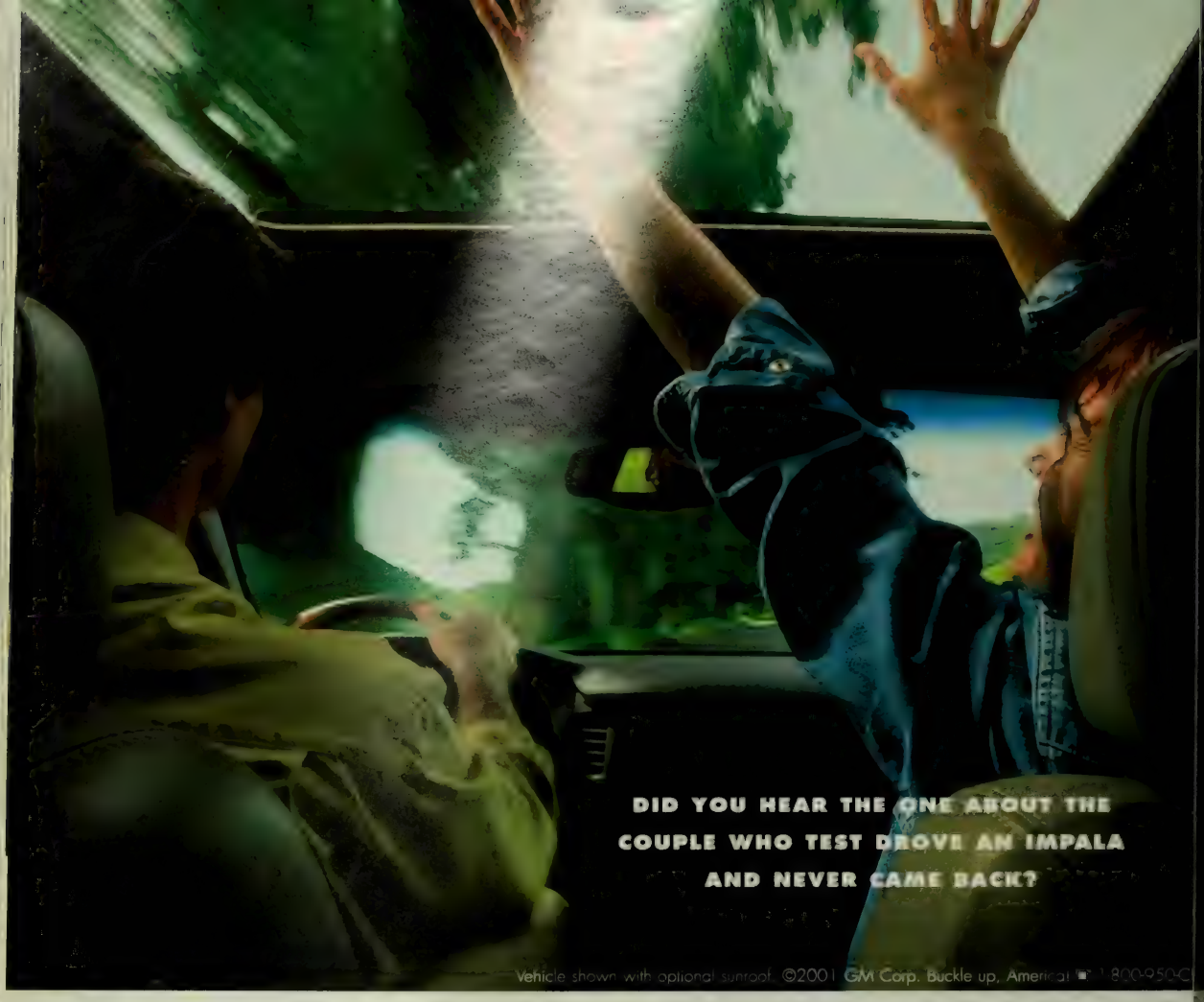
For generations, gardeners have disbudded chrysanthemums every two weeks until the Fourth of July. The thought was that pinching off the flower buds early on made for larger blossoms later on. We can't say we're convinced, but there are two rock-solid reasons for snipping your mums: 1) If you buy mums in the spring, they are often in flower. You can pick the exact color you want, and plant it early, making for a strong root system by fall and a better chance of surviving the winter. But if you want fall color, snip off those flowers when you get home. And, 2) If you are lucky enough to have plants that made it through the winter, they will get awfully tall the second time around, often overpowering the space you planted them in. The solution, again, is to snip them back. As always, we take the easy way out: hedge shears.

Buying information, page 280

### TO ORDER CLEMATIS

This month's Editor's Choice, **My Angel Clematis**, is available by arrangement with Carroll Gardens. Collections contain three plants (each about 12 inches tall when shipped), and will arrive at the proper time for fall planting (September 1 to November 30, 2001). One collection costs $79.95; additional collections are $70 each. *Please order early; collections are limited and we reserve plants on a first-come, first-served basis.* Sorry, no shipments to AK, AZ, CA, HI, ID, NV, OR, UT, WA, Puerto Rico, Mexico, or Canada. **TO ORDER** call 800/881-4066. Or, visit our Internet site at *www.bhgcatalog.com*.


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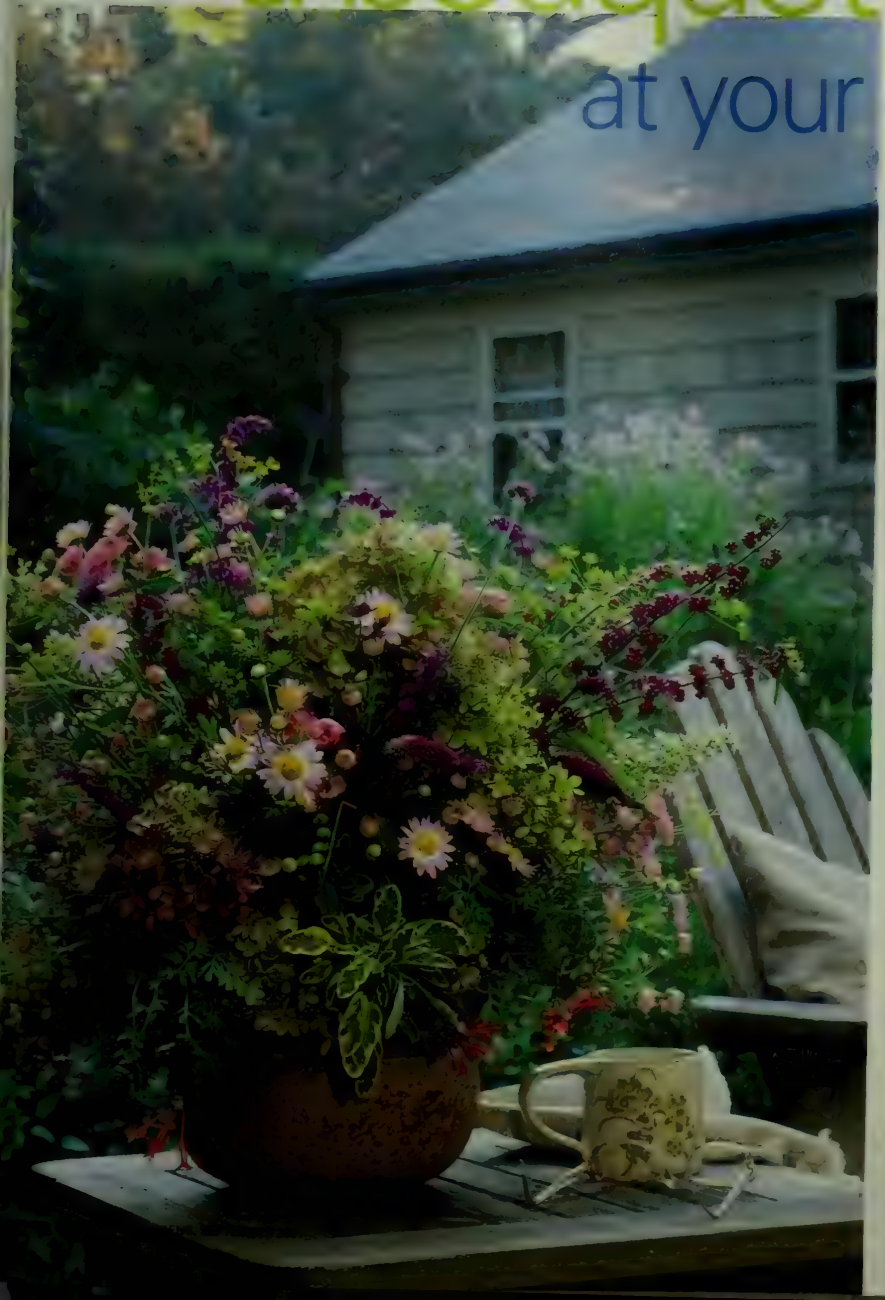

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by Mark Kane



# a bouquet at your door



Almost any yard—yes, yours too—is a bouquet waiting to be gathered. That's the view of Louise Mercer, a floral designer on Long Island, New York. From perennials, annuals, trees, shrubs, herbs, and vines, she snips the bouquets that grace her house and patio (*left*). The options are endless, once you look. Got your shears? Let's go.


A bouquet
at your door

Louise takes the makings of her natural bouquets from every part of the yard and every kind of plant (except the grass in the lawn). For extra bloom she has a cutting garden of mostly annuals (*left*). It's modest in size, which shows that you only have to grow a few plants for flowers when you use the whole yard for bouquets. That's clematis climbing the tuteur. You can cut a stem or two without stunting the growth of the vine in the following year.

Louise has a system to make bouquets endure. First, she carries a bucket (*left*) when she's collecting. "As I cut flowers, I immediately put them into deep water." Then, in the house, she recuts the ends of the stems while holding them underwater to make sure that air bubbles do not block the uptake of water.

Louise refreshes the re-cut stems in tepid water up to their necks for two hours before arranging the bouquet. Floral preservative goes in the vase water, and she mists the bouquets a time or two each day.


1


2


3

**1. In a bouquet of mainly straight stems, a bit of vine adds pleasant curves.This is the trumpet honeysuckle, Dropmore Scarlet, which blooms for months.**
**2. The herb garden offers leaves in a variety of colors and textures. This is Aurea, a variegated, nubbly sage.**
**3. Don't overlook fruits. You almost can't with the near-neon color of beautyberry.**


Making a natural bouquet
A bouquet
at your door

Louise makes her informal, overflowing bouquets in three steps.



**Step 1.** She chooses a container that will let the stems spread but not sprawl, and arranges the tallest stems so they lean in all directions, setting an outline for the bouquet. Here the tallest stems are the pink dendranthema Venus, blue *Salvia leucantha*, and yellow dill.

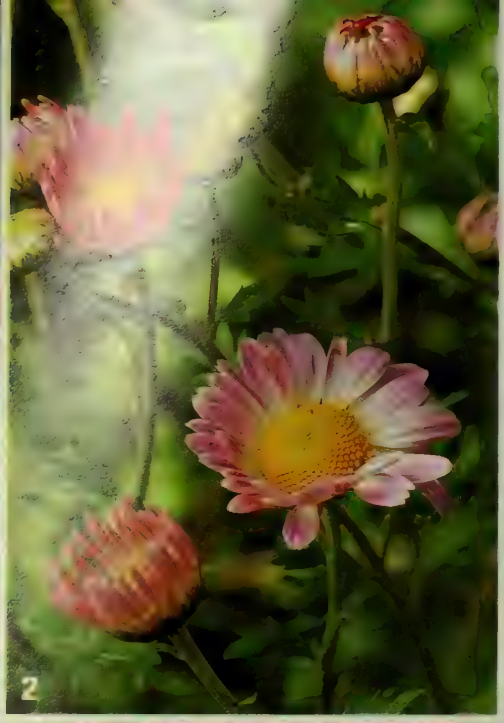


**Step 2.** With the tall stems in place, Louise fills the core of the bouquet with flowers and leafy cuttings. She inserts them into the water in the container through the network of tall stems, which hold the cuttings and flowers in place the way that a floral frog or a piece of foam might. Here Louise inserts a flower cluster of the panicle hydrangea.



**Step 3.** When the mouth of the container is packed with stems and the bouquet looks full and abundant, Louise adds a graceful, spilling skirt to soften and hide the edge of the pot. She uses cuttings that naturally trail downward, pushing the bouquet aside to let each piece reach the water. This spiller is rue, which is ferny and blue-green.










**1. Pink Flamingo celosia is an annual with tall stems, good for the silhouette of a bouquet. Celosias come in many other colors, a wide range of flower shapes, and shorter heights.**
**2. Dendranthema Venus, an annual, branches profusely and blooms with pink, daisylike flowers. Like celosia, the mums come in many heights and colors.**
**3. The panicle hydrangea adds lushness and softness to a bouquet, along with its blend of colors that change with time from white to cream to soft pink.**
**4. The Fairy is a short rose with branching stems and flowers in clusters, good to help fill the center of an overflowing bouquet.**

## MORE MAKINGS FOR BOUQUETS FROM THE YARD

Almost any plant can play a role in an informal bouquet. Here are more from Louise's stock. Purple coneflower, a perennial, has bold, daisy-shaped flowers and fall seedheads that dry well. Russian sage drops a few flowers at first, then holds the rest for five days. Cleome, or spiderflower, makes tall stems and big blooms. Louise says, "It stinks, but I use mint, dill, sage, or other herbs and fragrant flowers to cover up the smell. My favorite arrangement is a combination of cleome, flowering dill, and branches of spirea." Buddleia, or butterfly bush, supplies long stems that end in nodding clusters of small flowers. Perennial sweet pea has tall, slender stems and clusters of flowers. It needs support to climb and is good for tight spots in a bouquet. Garden sage is versatile: Louise cuts the flower spikes in early summer, and the silvery-green leaves anytime.

Buying information, page 280

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# eased-up elegance

Traditional style doesn't have to mean starched and stuffy. Designer James Spiers found the fun side of formal for a budget redo of his own tiny flat in Phoenix.

by Catherine Kramer and Steve Slack

James Spiers loves the classics—timeless colors, traditional fabrics, furniture with noble profiles. But anything too tailored and studied leaves him cold. "I take a traditional approach," says the 32-year-old designer. "But I give it a twist to make it comfortable. A room where you can't put your feet up is just another pretty room."

In the living room of his one-bedroom apartment, James has made elegant look easy by mixing fabrics with color in common. He gives French chairs cheek with floral prints, and offsets them with an ottoman in a plaid so happy it almost grins. The sofa's classic damask calms the mix.





**In the living room (*right*), two paintings—a prim unknown woman and a funky portrait of himself—illustrate James' fun approach. "I tried putting down an Oriental rug here, but it made everything seem too formal," says James (*above*).**





James began collecting furniture and fixing flawed rooms when he was just a boy. "I would convince my babysitters to let me rearrange the furniture," he says. "My parents would come home and say, 'Why don't you waste your allowance on video games like the other kids? Why are you buying antiques?' "

It's a habit he couldn't break, and today a bargain bolt of fabric or a lamp lost in a jumble of junk doesn't escape his penny-wise and practiced eye. "When I spot something that is just right—a sofa or a chair or a lamp—bells go off," James says.



**James stapled quilt batting behind the lively pink-and-yellow toile in a hallway (*above*). A border on the dining room draperies (*right*) carries out a black-white-and-yellow theme. James rescued the regal "Louis-something" chair (with dog pillow) from a junk shop and painted it black.**



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James dressed up his walk-in closet (*left*) with wallpaper and a gold-painted mirror hanging from a corbel. Garage-sale urns and vases create a varied tablescape.

When he was in grade school, James saw a documentary on the White House and remembers being astounded. "There was a red room, a blue room, a room for every shade. At least, that's what I thought." He still loves rooms loaded with color.

Bold walls give traditional furnishings a whole new spin, James says, and it's where he starts a design. "Nothing I have is particularly expensive or valuable, but when you put something with classic lines against strong color, it becomes more important and showy. Baby blue, peach, or mauve might be for some people, but they're not me."



This headboard is fashioned from faux suede fabric and upholstery tacks. In the summer, James covers it with white linen. Polo mallets said to be from the estate of film producer Cecil B. DeMille make curtain rods for wool curtains. In another fun twist, stacked vintage leather luggage becomes a bedside table and blanket chest.



Once painted white, this highboy (*left*), got a facelift from $15-a-roll plaid wallpaper. James painted the entire piece to match the wallpaper background, then papered the drawer fronts and other flat surfaces.



The kitchen cabinets (*left*) were doorless, so James decided to leave them that way. He glued black-and-white toile on the interior, and polyester lace and grosgrain ribbon on the shelf edges to create a stage for artful arrangements of dishware.

Blue and white is a classic combination, James says. "It goes with anything. I use blue-and-white porcelain to accessorize with black, with yellow, with red—it always works."

The transferware pitchers are from friends who know James' love for blue glassware. "It's like most of my things," he says. "I've rescued a lot of sad, homeless furniture, and friends are always leaving 'orphans' on my doorstep."

Buying information, page 280





TRUE DRAMA



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## HOW TO DO RAGGING




**Things You'll Need:**
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- Glaze
- Paint roller and tray
- Lint-free cotton rags

**Steps:**
1. Coat wall with True Value E-Z Kare Latex Eggshell Enamel Sugar Cookie #453 and let dry. Prepare glaze coat by mixing one part True Value E-Z Kare Latex Eggshell Enamel Topaz #585 with two parts glaze.
2. Place a workable amount of glaze mixture into tray. Bunch up rag and dip it into glaze. Remove excess.
3. Quickly dab rag over your base coat. Change hand positions and angles to add variety to your pattern.
4. After a dozen dabs, select a new rag and repeat until you're satisfied with the look you've achieved.

**Colors Shown:**
Sugar Cookie #453 (Base)
Topaz #585 (Top Coat)
Actual colors may vary.

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## HOW TO CREATE DRAMA




One way to make a room stand out is to paint it a deep, strong color like Ruby Slippers #2019. Dark colors add mystery and adventure to any room. However, they're harder to work with.

**Tips:**
1. Dark colors tend to show imperfections, so prep the surface thoroughly. Be sure to fill in all cracks, holes and blemishes.
2. Use multiple coats of paint, as darker tones don't cover as well as lighter colors. Always strive for even coverage.
3. Paint "wet onto wet." Paint blends better before it dries. If paint is allowed to dry too soon, you'll see variations in the final color.

**Color Shown:**
Ruby Slippers #2019
Actual color may vary.

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## HOW TO PAINT CLOUDS




**Things You'll Need:**
- True Value Paint
- Paint roller and tray
- Synthetic sponge (medium to large)
- A cloud photograph for reference

**Steps:**
1. After painting wall(s) with True Value Kids Play Colors Latex Satin Enamel Columbia Blue #1381 and allowing to dry, pour white paint into tray.
2. Trim edges off sponge with scissors. Holding damp sponge flat, dip into paint and sponge onto wall.
3. Make clouds in a free-form shape. Use more paint in the center of the clouds and less as you move toward the edges. Make clouds various sizes.
4. Leave some blue showing through the white for a transparent look.

**Colors Shown:**
Columbia Blue #1381
Lucky Star #69 (White)
Actual colors may vary.

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It's also a good idea to regularly clean your bathroom with anti-mildew cleaning products available at True Value, as well as provide proper ventilation.

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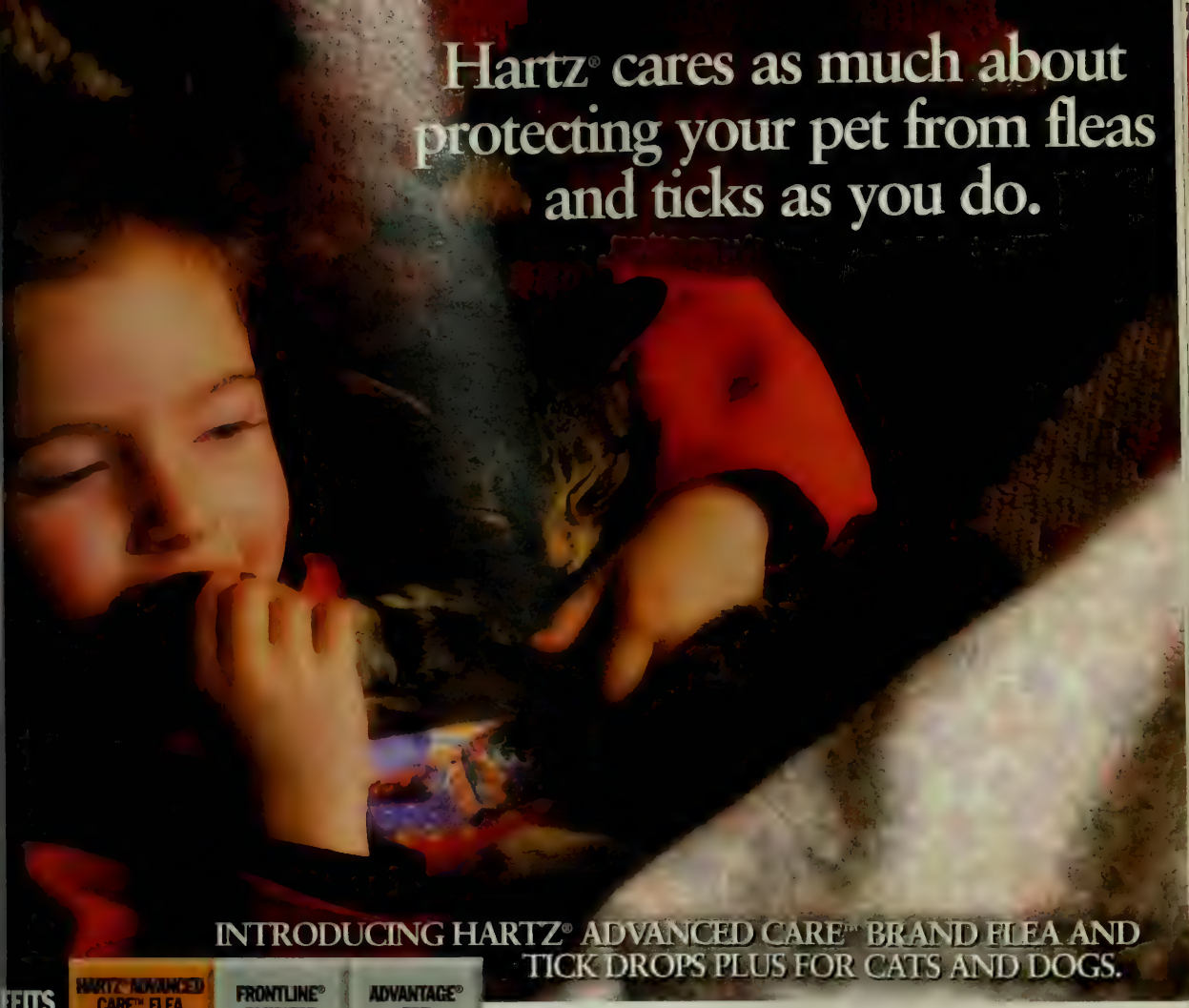
**Color Shown:**
Liquid Teal #1131
Actual color may vary.

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# clean country living



Moira and Dave Ross enjoy ample elbowroom on their 10 acres with children (*left to right*) Kathryn, Jack, and Brendan. Their home is a short drive from St. Louis.

## A Missouri ridgeside offers fresh spaces with room to grow — inside and out.

Farm living wasn't part of the picture in Moira and Dave Ross's life planning. But one day their country ramblings led them to a small hilltop farmhouse, which happened to be for sale. "It took my breath away," Moira dreamily recalls. After only eight months in their city house, and still not completely settled in, destiny demanded a change. "Dave said if I could sell our house and get the other one within a certain time, we could do it," says Moira. "We did it in 10 days." With only two bedrooms, the old farmhouse was too small for their family of five. But where there's a will....

by Joseph Boehm and Candace Ord Manroe



"When we pull into the driveway, it's really coming home to our

The mahogany coffee table is a flea market purchase; Moira traded garden flowers for a refinishing job. Retrieved from her mother's basement the curved-arm chair was repaired, re-covered and, in the family's eyes, found to be a valuable antique.

etreat—and we don't have to make reservations."







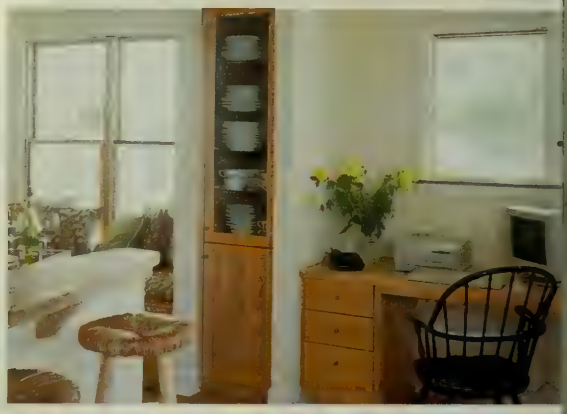


Adding on was unavoidable, yet the Rosses insisted on "trying to preserve an intangible quality," says Moira. Intangible, as in hard-to-peg attributes like light flow and simplicity. Architect John Hopkins, who had been Dave's college roommate, thankfully "got it." He looked to the original living room for cues, using its simple oak window moldings as templates for those in the new spaces. The living room itself was spiffed up for a cleaner look and better function. Stripped of layers of dark varnish, its old wood floor now gleams in its natural color, bouncing sunbeams onto the freshly painted golden walls. "The room color changes throughout the day with the sunlight," says Moira. Also light-hued, the built-in maple bookshelves gratify the family's addiction to a good read. Furnishings mix comfortably—catalog and flea market finds, plus an heirloom Irish cherry chair. A round table crafted from original tongue-and-groove flooring (*upper right*) feels at home in the clapboard farmhouse.

A water hyacinth chair adds texture amid the living room's white cotton slipcovers (*upper left*). The side table caddies a reading lamp, essential in this no-TV room. The round dining table (*upper right*) was crafted by a friend; it serves as the children's table during gatherings. Rebuilt like the original, the porch (*lower right*) blends old, new.

# "The kitchen is my favorite place," says Moi









The new dining room floors and plain millwork (*upper left*) mimic the originals. A slim china cabinet squeezes between the kitchen's desk and window seat (*upper right*). The Ross kids (*lower left*), have plenty of daddy time: Dave's job as a hospital administrator is 10 minutes away. A butcher-block island (*lower right*) lets everyone cook together.

Dave and Moira hoped to get off easy with their addition, converting the attic into two more bedrooms—period. But Hopkins suggested going out 8 feet in the back, both upstairs and downstairs. That not only provided the extra sleeping space, but also a new dining room. It made sense to shift some walls around in the adjoining kitchen at the same time. Before the Rosses knew it, they'd taken the whole room down to studs. Beautiful Shaker-style cabinetry and a hardworking computer desk are only part of the room's new charms. "There's one spot I can stand and see all four sides of the property," Moira says. "At twilight, the barn glows." A favorite perch for everyone is the kitchen's new window seat, which was built out 2 feet along the front wall of the house. "It really makes the kitchen the center of the house."

can watch the spectacular sunsets."



**Overlooking the long front porch, the new window seat makes the kitchen a living area—a spot where Brendan can curl up with a book, or guests can relax while Moira makes dinner. The bench lifts up for storage, an essential for a family of five.**

"Raising flowers is so gratify



Furnishing a room that's truly all in the family comes easy: The turned-leg table at the window was passed down from one of Moira's grandmothers; the 70-year-old butternut chair belonged to another. Blue-and-white textiles introduce color without detracting from the room's architecture.

–I may never return to work outside the home."

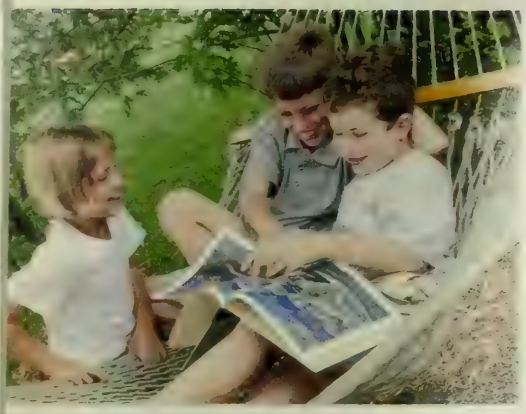






In the master bedroom, which is original to the house, Hopkins had some seesawing fun with the ceiling heights to increase the room's intimacy and add slight quirkiness. His approach was to take inspiration from the original structure, and above all, keep spaces simple. "The upstairs bedroom is under the eaves," he says, "so we used the space under the dormers for spaces you could 'crawl' into." The room also is privy to amazing views. To soak up every inch of vista, Moira left the windows bare (privacy isn't an issue down on the farm). "You can see the trees and the countryside with the changing colors and activities of the seasons," she says. "At certain times of the year, there are large hay bales, and at others, grazing cattle or fresh-growing fields of grass." And, there are the ravishing summer blooms that supply Moira and Kathryn's own cottage industry. Each weekend, mother and daughter drive 1½ hours to St. Louis to sell their farm-grown flowers at a farmer's market. Moira—a former economics associate professor and financial analyst—also has plans to sell her gourmet baby vegetables.

A local artist painted the barn siding to look like the area's many stone buildings (*upper left*). Kathryn reflects on the flowers she and her mother tend (*upper right*). Like the architecture, furnishings are simple, light, and farmhouse friendly. A few well-chosen accessories keep the look uncluttered (*lower right*).









"What we really wanted was to bring the outdoors in, with the remodeling," says Moira. No wonder. The land is so poetically beautiful it's everyone's favorite hangout. Often, literally: Kathryn, Brendan, and Jack find that a favorite book is even better shared in the ropy web of a slow-swinging hammock (*upper left*). But outdoors inspires more passionate responses too. "Dave makes everyone rush to the porch to watch the sunsets and rate them. He even makes guests do it, saying 'this one's a 9 ... this one's a 10,' " laughs Moira. Every day during good weather the porch is a gathering place. And a launching pad: Kathryn heads for the barn loft to play fairy princess, Jack works in his own little rock garden, and Brendan strolls down to two frog ponds to throw stones. Moira spends hours in her ¼-acre zinnia garden. "If you'd told me before that we would be living in the country on a farm, I wouldn't have believed it," she says. "Now I can't imagine anything else."

Buying information, page 280

Clockwise from upper right: First thing home from work, Dave grabs the paper and heads for the porch, while Moira enjoys a glass of tea and waits for the sunset. The family's cats bask in Kathryn's attention on the cedar floor of the newly rebuilt front porch. Barefoot is the best way to make the most of hammock-stirred breezes.

### GETTING CLEAN

With three young children, two cats, and a dog at play on black-earth farmland, how does Moira keep a clean look indoors? Here are her secrets:

*Cover everything in simple cotton slipcovers. "Insist that they're the kind you can strip and throw in your own wash."

*Take wood furniture and floors down to their natural finish, stripping any varnishes that have darkened or yellowed with the years.

*Paint walls light-reflecting colors—gold, yellow, or white.

*Avoid too many furnishings, especially accessories. Edit down to a few favorites.

*Go sparingly with area rugs. Use them only to define a conversation area, not to hide the wood floors.

*Choose frames for art and photos that are contemporary, with clean, unobtrusive lines.



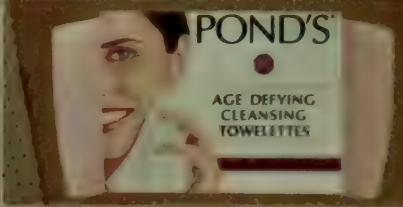



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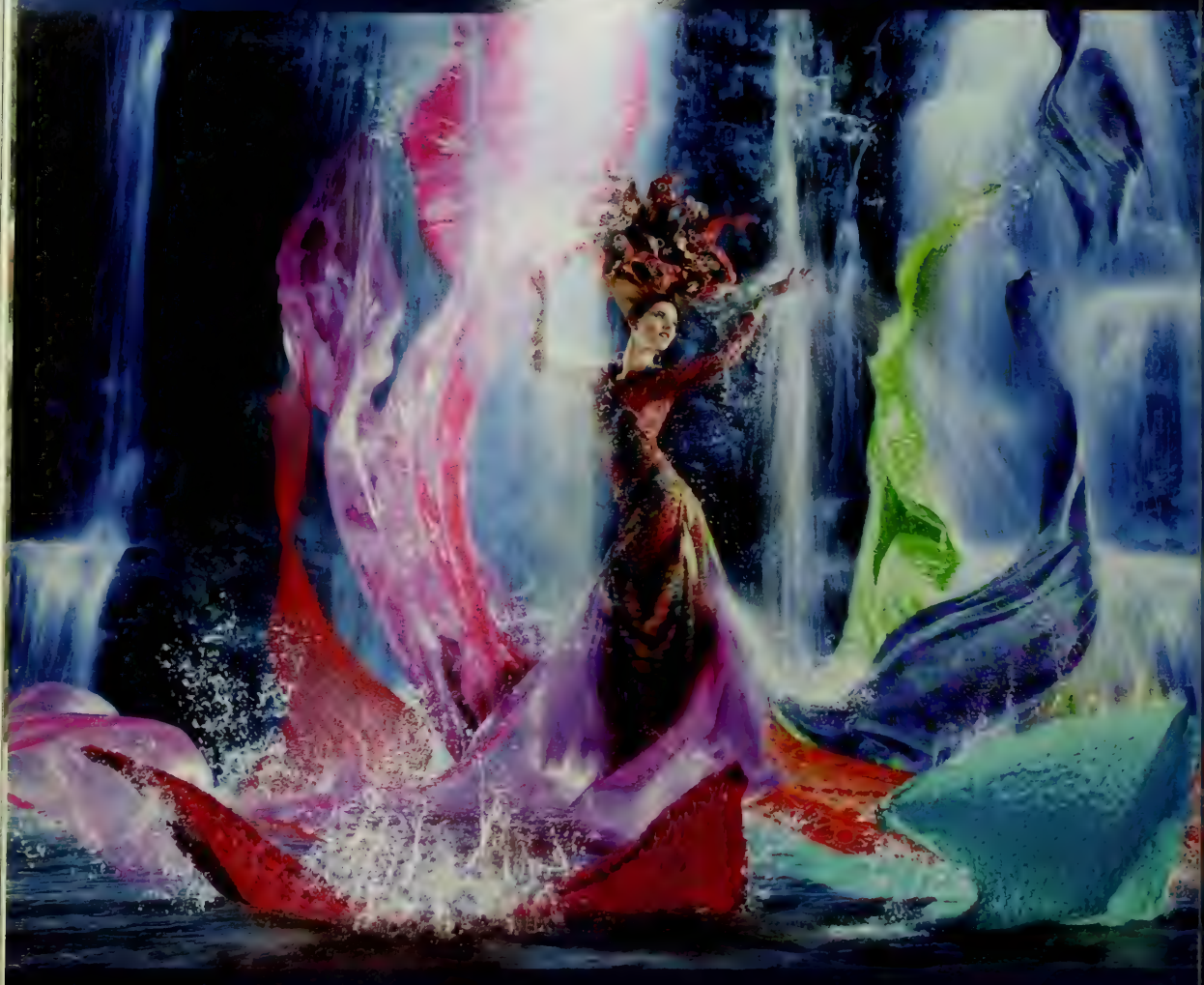
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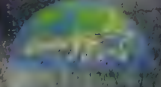


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# double-the-recipe **kitchens**



by
William L.
Nolan

Thanks to busy schedules, getting meals on the table and hosting dinner parties takes teamwork these days. But many kitchens hark back to the time when solo cooks were the norm. If an outdated scheme is crimping KP duty at your house, take a close look at how these three families addressed the problem. In each example, the "recipe" was formulated to fit the family's lifestyle by adding special design tweakings—ones that might be a good fit for *your* family's mealtime maneuvers.

Harley Jessup (*at right* in the photo) entertains in the family's new kitchen with friend Carleen Wong, brother Craig, and son Graham, 8.

# Big as all outdoc

Cooking together, dining alfresco, and hosting big gatherings are favorite activities at the Northern California home of Ann and Harley Jessup. But their cramped, walled-in kitchen just didn't get with the program. "The original kitchen was a one-person room," says Ann. "I had to herd the kids out before I could cook." To gain room for multiple workstations, the Jessups annexed a 5×5-foot section of their rear deck. Then they reworked the layout, merging the room with the outdoors by lining the exterior wall with French doors and a wide bank of casements. A spacious island, a big table, and two work triangles provide ample room to spread out, and everyone can savor views of the outdoors while they work.

A second sink and built-in recycling bins (*below*) provide handy food-prep space outside the main work triangle.







Windows in the main work area begin at countertop height, offering big views of the outdoors even for junior cooks in the family. For large gatherings on the deck, the island and the table double as a buffet.

At gatherings of the clan, guests bringing casseroles can pop them in the oven (*left*) without having to trek through the main food-prep areas.




The roomy window seat provides a cozy spot for friends and family members to relax and chat with the cooks.

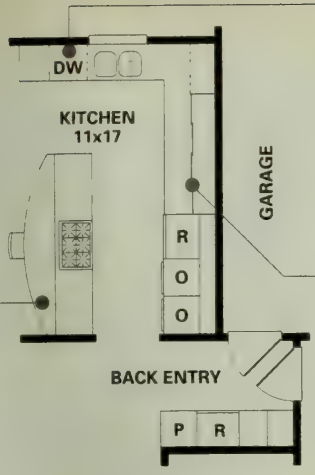
The cooktop is wide enough for two chefs to work at the same time.

Hot trays plug into outlets at each end of the island for serving large groups buffet-style.



Rich wood finishes and furniturelike detailing give the kitchen a dressy elegance that sets just the right tone for mealtime entertaining.

The island's granite countertop steps up several inches to create a broad ledge for buffet service—camouflaging clutter near the cooktop.




Raising the dishwasher 6 inches made cleanup chores comfier for David. It also gave him a raised section of countertop.

Annexing 12 inches from the garage yielded room in Joanne's work area for full-depth counters in front of the upper cabinets.

## The tall and short of it

Working as a team comes naturally to Oregonians Joanne DiBenedetto and David Burdick. In the kitchen, she's the chief cook; he's the chief bottle-washer. "Since we entertain frequently," says David, "we needed a kitchen that worked for both of us, yet wasn't too large." Gaining two work areas was one key objective; another was to accommodate two body types. David is over 6 feet tall, and Joanne is 5 feet 2 inches. "I'm the cleanup guy," says David, "so we raised the dishwasher 6 inches." To fit Joanne's shorter stature, the food prep area has a counter 34 inches high (versus a standard 36 inches), plus upper cabinets that include storage space at countertop level. A second sink completes the work triangle in this part of the kitchen.





Sliding doors on the upper cabinets keep the counters cleared for action (*left*). David drains pasta in the sink next to the cooktop (*above*).

PHOTOGRAPHS: JON JENSEN. ARCHITECT: A.P. DIBENEDETTO. KITCHEN DESIGNER: JOANNE DIBENEDETTO. REGIONAL CONTRIBUTOR: PEGGY KEONJIAN



**The main work triangle includes a commercial-style 6-burner range. Solid-surface countertops flank the range and the sink, simplifying cleanup chores.**





## Pushing the envelope

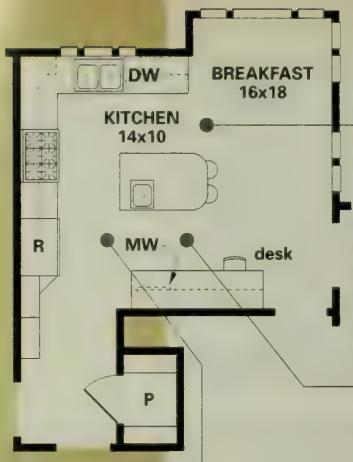
The kitchen in Lois and Paul Culler's otherwise spacious home in Fairfax, Virginia, was totally out of sync with the family's lifestyle. Paul, a financial planner, is also a gourmet cook. Lois, a medical librarian, is his "sous-chef." Together with their three children, Sarah (14), Daniel (11), and Benjamin (6), they create sumptuous meals for family, friends, and church groups. Plagued with a dark, cramped galley kitchen that lacked storage and generated bottlenecks, they enlisted designer Nancy Boriack to rethink the whole scheme. Boriack's solution pushed out the exterior walls, adding 90 square feet for an expanded work area plus a spacious family dining alcove.

The new layout includes multiple workstations clustered around an island snack bar. Two work triangles allow Paul and

Pushing out the old kitchen's exterior walls netted lots of circulation space, allowing room for the whole family to hang out in the kitchen and to host large gatherings. The table and snack bar offer handy perches for guests. Benjamin assists Dad as chief "taster" (*right*) when it's time to serve pizza fresh from the oven.








Ample clearance between the island and perimeter cabinets helps head off traffic jams when the whole family is cooking together.

The open-ended plan means no more bottlenecks. Trips to the refrigerator and the garage no longer cut across the main work triangle.

The other work triangles link the refrigerator, the ovens, and an island sink. The island's granite counter is perfect for rolling out pastry dough.

The dining area (*left*) lies just a step or two from the dishwasher and the island, making it easy for cook's helpers to set or clear the table. When pizza is on the menu, Sarah, Daniel, and Benjamin (*below*) gather at the island to customize the list of ingredients. Stools at one end offer handy perches.



Lois to team up in the kitchen without having to take turns at the same counter or share a single sink.

The old room's gloomy mood was banished by installing generously sized windows. In addition to a triple unit over the main sink, two sets of tall windows line the dining alcove, creating a solariumlike space with wraparound views of the woodsy backyard. ⌂

Buying information, page 280


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# 12 reasons to make dinner tonight

by Richard Swearinger



1 Harvest an evening's adventure: **Garden Veggie Burgers** get you off the mustard-pickle-catsup merry-go-round, and like all the recipes in this story, they're easy, family pleasing, and quick.

Recipe begins on page 206

From the quick to the showy, these ideas make the evening meal a can't-miss occasion.





2 Show off: **Spice-Grilled Chicken** always creates a hubbub at the table as everybody cranes their necks for a gander at the bird. Which luscious piece do they want? A delicious dilemma.

3 Beat the time crunch: **Salmon Shortcakes** are dinner with a skillet-to-plate time of just 20 minutes. Even counting biscuits, there are only six ingredients.



4 Perform magic: **Molasses-Glazed Pork Tenderloin** goes together quickly, but the Southern-inspired flavors cast a linger-over-dinner spell.

Recipes begin on page 206





Appearing this week in your own kitchen: The Comfort Trio.

5 Encourage chatter: If there's any dish that's going to unlock the kids' lips, it's **A to Z Vegetable Soup**. Maybe they'll even spill some choice junior high gossip.

6 Feed the family: The hunger for connection is strong, but so is plain old hunger. This **Tuna Alfredo Casserole** allows you to satisfy one while you feed the other.

7 Rediscover real food: In the time you'd spend getting impatient in the drive-thru line, **Provolone and Ham Melt** could be waiting on the table.

Recipes begin on page 210





# Call them "cheer-up dishes." They're a little something special to chase the blues away.

8 Unlock the past. Stroganoff is one of those dishes your mother was proud to serve; this **Bail-Out Beef Stroganoff** tastes like Mom's in just 30 minutes.

Recipes begin on page 213 continued on page 202

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continued from page 200



9 Return of the homemade dessert: Listen to the chairs skooch forward and watch faces brighten as you pass tummy-warming scoops of **Pour-and-Bake Pear Pudding** down the table.

10 Dish up smiles: It looks serious, but a flip of the wrist transforms **Upside-Down Pizza Pie** into an exuberant free-for-all of cheese, tomatoes, chicken, and mushrooms.

Recipes begin on page 213 continued on page 204





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continued from page 202



Savor the pasta, then grab a couple of still warm cookies on the way out the door.

**11** Inspiring leftovers: **Sauté-and-Serve Pasta Toss** takes a few end-of-season green tomatoes and an orphan sausage, and elevates them to greatness.

**12** Reward hard work: Pull out **Candy Bar Peanut Butter Cookies** when a job is well done, whether a lawn mowed or homework finished on time.

Recipes begin on page 215



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## Make Dinner Tonight

continued from page 204

**Garden Veggie Burgers**

Two toppings—sharp red onion and a tangy spinach-feta combination—complement these grilled meatless burgers. Make one or both.

**Prep:** 10 minutes **Grill:** 15 minutes

- 2 medium red onions
- 4 refrigerated or frozen meatless burger patties
- ¼ cup bottled vinaigrette salad dressing, at room temperature
- 4 cups fresh spinach leaves
- 1 clove garlic, minced
- 1 Tbsp. olive oil
- ½ cup crumbled feta cheese
- 4 hamburger buns

1. For onion topping, cut onions into ½-inch-thick slices. On the rack of an uncovered grill, grill onions directly over medium coals for 15 to 20 minutes or until tender, turning once. Grill burger patties directly over the coals alongside the onions for 4 to 5 minutes per side or until heated through. Brush grilled onions with the salad dressing.

2. Meanwhile, for spinach topping, in a large skillet cook and stir the spinach and garlic in hot olive oil over medium-high heat for 30 seconds or until spinach is just wilted. Remove from heat. Stir in feta cheese.

3. To serve, place onion slices on bottom of buns. Top with grilled burger patties, spinach mixture, and bun tops. Makes 4 servings.

Nutrition facts per serving: 350 cal., 14 g total fat (4 g sat. fat), 17 mg chol., 920 mg sodium, 37 g carbo., 7 g fiber, and 21 g pro. Daily Values: 42% vit. A, 21% vit. C, 24% calcium, and 21% iron.

**Spice-Grilled Chicken**

The aromas of jasmine rice bubbling on the stove and spice-laden chicken sizzling on the grill tempt everyone to the dinner "tent."

continued on page 208

## 20 Reasons to Make Dinner Tonight

Our readers share their strategies for making family dinners more fun.

13 Once a year we go to a local farm to pick baskets and baskets of strawberries. When we return home, we bake biscuits, hull berries, whisk up a big bowl of whipped cream and sit down for a dinner of strawberry shortcake. **Judy Lewonczyk, Ansonia, Conn.**

14 Our three girls, my husband, and I get into our pajamas and have breakfast for dinner. Our favorite menu is bacon, eggs, and biscuits and gravy. Then we all settle in and watch old cartoons or get out a game. It gives us a midweek chance to talk and relax. **Lyndol Laycock, Tucson, Ariz.**

15 Once a month, the kids spin a globe and put a finger on it. Whatever country the finger lands on, we scour the library for information. Dinner is based on the recipes we've found and each family member shares what he or she has learned. **Lisa Profenno, Wesley Chapel, Fla.**

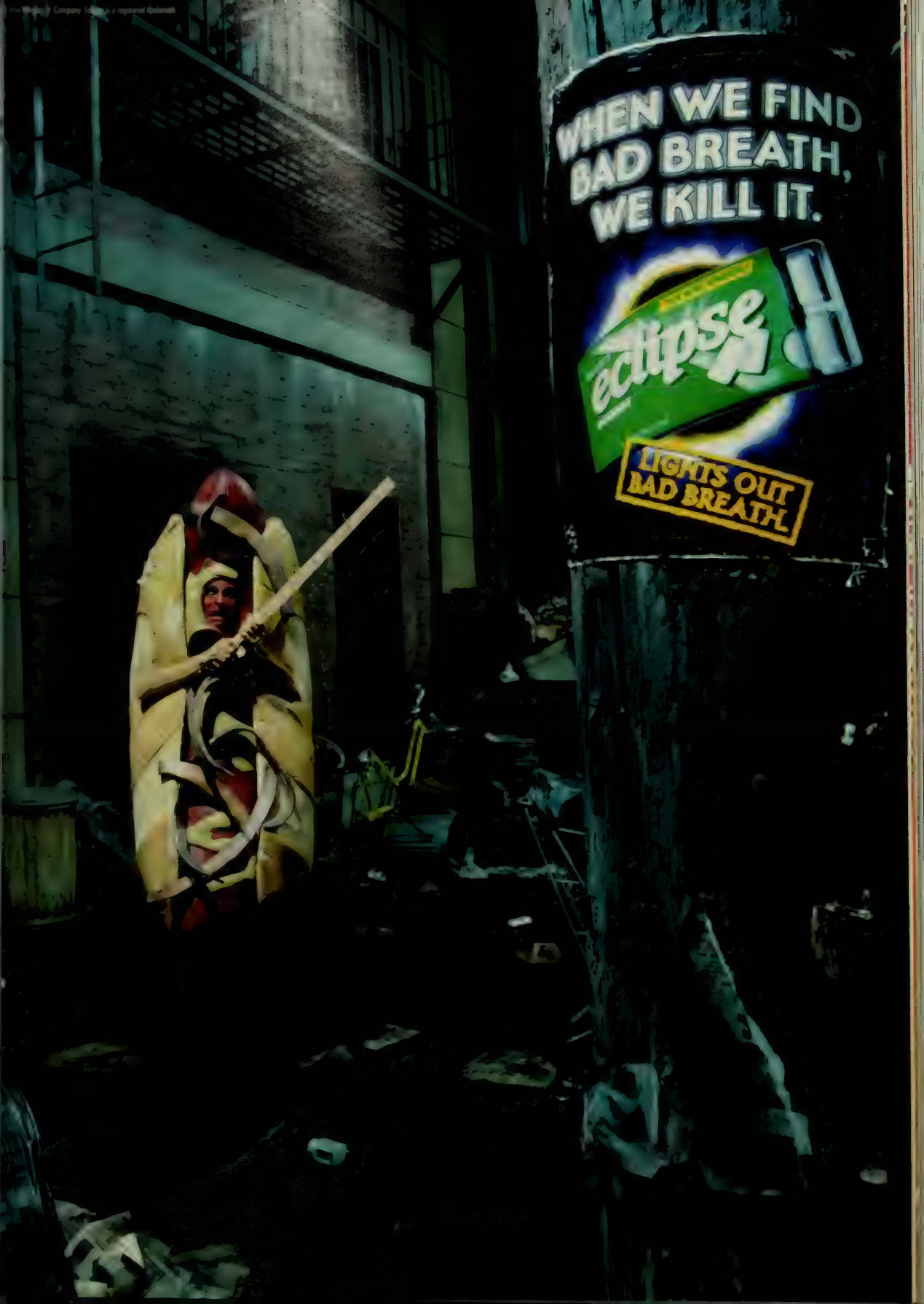
16 On a cold winter's day, I make fried chicken, potato salad, and baked beans. We spread a quilt out in the living room, bring out the paper plates, and play a cassette tape of ocean sounds. The kids talk about the beach and what it would be like to go there. **Teresa Eller, Tonganoxie, Kan.**

17 We have theme dinners based on something our kids are learning in school. A dinner about the letter "B" would include broccoli, baked potatoes, beef, and brownies. At dinner we would use as many "B" words as possible in our conversation. **Sharolyn Blume, American Fork, Utah**

18 Everyone in the family picks a dinner and dessert recipe they especially like and we put them all into a small box. One night a month, each person draws a recipe and we prepare the chosen selections. Sometimes we end up having two desserts and a main dish, but that's all part of the fun. **Jean D. Freer, East Palestine, Ohio**

19 Some of the most fun we have had at dinner is when we play "Trading Places." Each of us sits in another person's place and "becomes" that person during the meal. We try to imitate the person, saying and doing things he or she would say or do. There is more laughing than eating on those nights. **Melanie Dahl, Oxford, Miss.**

20 We call them "Hiding Dinners"; I draw pictures of various places in our house and then at each location there is part of the dinner and directions telling them where to go next. At the last post, pajamas and a storybook are laid out. **Ricki Pezoldt, Colorado Springs, Colo.**


WHEN WE FIND
BAD BREATH,
WE KILL IT.
eclipse
LIGHTS OUT
BAD BREATH

# Make Dinner Tonight

continued from page 206

**Prep:** 20 minutes
**Grill:** 1 hour for whole bird, 50 minutes for drumsticks

- 2 tsp. brown sugar
- 1½ tsp. ground cinnamon
- 1 tsp. smoked paprika or paprika
- ½ tsp. salt
- ½ tsp. pepper
- ½ tsp. ground allspice
- 1 3-lb. whole broiler-fryer chicken or 12 chicken drumsticks
- 4 tsp. cooking oil
- 1 cup uncooked jasmine or long-grain rice
- 2 cups chicken broth, or 2 cups water plus ½ teaspoon salt
- ¼ cup snipped dried apricots
- ¼ cup golden raisins
- 4 lemon wedges (optional)
- Swiss chard (optional)
- Halved fresh apricots, broiled (optional)*
- 2 Tbsp. chopped peanuts

1. In a small bowl combine the brown sugar, cinnamon, paprika, salt, pepper, and allspice. Set aside 1½ teaspoons of the mixture. Remove the neck and giblets from the whole chicken. Pat chicken dry with paper towels. Skewer the neck skin to the back. Twist wing tips under the back. Brush with the cooking oil; gently rub remaining cinnamon mixture onto chicken.

2. In a grill with a cover, arrange preheated coals around a drip pan. Test for medium heat above pan. Place whole chicken, breast side up, on the grill rack over drip pan. Cover and grill 1 to 1¼ hours or until meat thermometer registers 180° F, the chicken is no longer pink, and drumsticks move easily in their sockets. (Or, grill drumsticks on grill rack for 50 to 60 minutes or until tender and no longer pink. A thermometer inserted in thickest part of drumstick should register 180° F.)

[illegible] a medium [illegible] the rice, the 1½ teaspoons reserved cinnamon [illegible] with or water plus [illegible]lt. Bring to boiling; reduce heat. Simmer, covered, for 15 minutes. Remove from heat. Stir in apricots and raisins. Let stand, covered, 5 minutes before serving.

4. Spoon rice onto platter; top with chicken. Serve with lemon wedges, Swiss chard, and broiled apricots, if desired. To serve, carve the whole chicken or cut it into 4 to 6 pieces using kitchen shears. Divide rice among serving plates. Top with chicken; sprinkle with chopped peanuts. Makes 4 to 6 servings.

Nutrition facts per serving: 646 cal., 23 g total fat (6 g sat. fat), 207 mg chol., 1,012 mg sodium, 54 g carbo., 2 g fiber, and 58 g pro. Daily Values: 18% vit. A, 2% vit. C, 11% calcium, and 49% iron.

*Note: For broiled apricots, preheat broiler. Halve and pit fresh apricots. Brush cut sides lightly with melted margarine or butter. Place cut side up on the unheated rack of a broiler pan. Broil 3 inches from the heat for 3 to 6 minutes or until lightly browned. Serve with Spice-Grilled Chicken.

### Salmon Shortcakes

The secret to tender salmon patties is to handle the mixture gently and cook only until browned.

**Prep:** 15 minutes **Cook:** 9 minutes

- 1 recipe Herbed Mayonnaise
- 1 14¾-oz. can salmon, drained, flaked, and skin and bones removed
- 1 egg, beaten
- 2 Tbsp. mayonnaise or salad dressing
- ¾ cup soft bread crumbs
- 1 green onion, chopped
- 1 Tbsp. margarine or butter
- 4 purchased buttermilk biscuits or one 10.8-oz. package refrigerated large flaky biscuits baked

1. Prepare Herbed Mayonnaise set aside.

2. In a bowl combine salmon, egg mayonnaise, bread crumbs, and green onion. Form the mixture into eight patties. In a large skillet melt margarine or butter over medium heat. Cook patties 9 minutes or until brown, turning once.

3. Split biscuits. (You may want to warm already baked biscuits slightly in the oven or microwave before serving.) Top one side of biscuit with 2 salmon patties; spoon on Herbed Mayonnaise. Makes 4 servings.

*Herbed Mayonnaise*: In a bowl stir together ¼ cup mayonnaise, 1 tablespoon snipped fresh dill weed, and 1 tablespoon milk. Add additional milk to make of drizzling consistency. Makes about ⅓ cup.

Nutrition facts per serving: 528 cal., 37 g total fat (8 g sat. fat)

continued on page 21


**THERMOMETER/TIMER**



Use this **ThermoTimer** with our Spice-Grilled Chicken (recipe, *left*) or other family favorites. Featuring a 5-inch stainless-steel probe, the device provides readings for red meats, fish, and poultry. Flip a switch and change readings to Celsius. Press a button and illuminate the LCD display to use in low light. The built-in timer (works simultaneously with the temperature readout) can be set for up to 24 hours in one-minute increments. Measuring 8x1½x½ inches, the ThermoTimer comes with a 5-year lithium battery. From Zelco, each unit costs $36.95, which includes shipping, handling, and applicable sales tax.

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ld some water, pop it in the oven, throw on a little cheese and poof!
u've got a delicious Italian meal and one lonely colander.

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# Make Dinner Tonight

continued from page 208

121 mg chol., 1,129 mg sodium, 23 g carbo., 1 g fiber, and 26 g pro. Daily Values: 11% vit. A, 3% vit. C, 32% calcium, and 17% iron.

**Molasses-Glazed Pork Tenderloin**

Consider old-fashioned corn bread as a charming dinner partner for this Southern-inspired dish.

**Start to finish:** 30 minutes

- ¼ cup finely chopped prosciutto or 2 slices bacon, coarsely chopped
- 1 16-oz. pkg. frozen lima beans or two 9-oz. pkg. frozen Italian green beans
- ½ cup chopped onion
- ¾ cup water
- 1 Tbsp. olive oil
- 12 oz. pork tenderloin, cut into ½-inch-thick slices (11 to 12 slices)
- ½ cup orange juice
- 3 Tbsp. molasses
- 1 tsp. cornstarch
- ½ tsp. salt
- ¼ tsp. pepper
- 2 Tbsp. snipped fresh parsley
- Steamed spinach or turnip greens (optional)

1. In a large skillet cook prosciutto or bacon over medium heat until crisp-cooked; drain and set aside. In the same skillet cook beans and onion in ¾ cup water according to lima bean package directions. Drain beans; set aside.

2. Add oil to same skillet; cook tenderloin in hot oil over medium-high heat 4 to 5 minutes or until just barely pink in center, turning once.

3. Meanwhile, in a small bowl stir together orange juice, molasses, cornstarch, salt, and pepper. Add to meat in skillet. Cook and stir until thickened and bubbly. Cook and stir about 2 minutes more. Stir beans into skillet mixture; heat through.

4 [illegible] steamed spinach (if [illegible] our plates. Spoon [illegible] ture over steamed [illegible] ith the bacon or [illegible] prinkle with parsley. [illegible] ngs.

Nutrition facts per serving: 324 cal., 6 g total fat (1 g sat. fat), 52 mg chol., 460 mg sodium, 38 g carbo., 7 g fiber, and 29 g pro. Daily Values: 7% vit. A, 44% vit. C, 8% calcium, and 24% iron.

**A to Z Vegetable Soup**

Keeping back half the vegetables until just before serving creates a tantalizing contrast between tender and crisp.

**Start to finish:** 45 minutes

- 1 Tbsp. cooking oil or olive oil
- 2 cups cut-up mixed fresh vegetables, such as sliced small zucchini, carrots, or celery, and chopped red onions
- 2 14½-oz. cans reduced-sodium chicken broth
- 2 cloves garlic, minced
- 1 15-oz. can cannellini or Great Northern beans, rinsed and drained
- ½ cup dried alphabet-shaped pasta or tiny shells
- 2 Tbsp. fresh small oregano leaves
- 1 oz. Parmesan cheese, thinly sliced (optional)

1. In a large saucepan heat oil over medium-high heat. Add the mixed vegetables. Cook, uncovered, about 10 minutes or until vegetables are crisp-tender, stirring occasionally. Remove half of the vegetables; set aside.

2. Stir broth and garlic into remaining vegetables in saucepan. Bring to boiling. Stir in beans and pasta. Return to boiling; reduce heat. Simmer, covered, for 10 minutes or until pasta is just tender. Stir in fresh oregano leaves.

3. Ladle into 4 bowls. Top each with reserved vegetables. If desired, top each serving with sliced Parmesan cheese slice. Makes 4 servings.

Nutrition facts per serving: 188 cal., 4 g total fat (1 g sat. fat), 0 mg chol., 717 mg sodium, 33 g carbo., 6 g fiber, and 12 g pro. Daily Values: 79% vit. A, 9% vit. C, 5% calcium, and 12% iron.

**Tuna Alfredo Casserole**

Weeknight convenience, Sunday night comfort, anytime taste. Feel free to substitute any pesto you please.

**Prep:** 20 minutes **Bake:** 10 minutes

- 3 cups dried rigatoni or penne pasta
- 2 Tbsp. purchased dried tomato pesto

continued on page 212

**TWO-BURNER REVERSIBLE GRILL/GRIDDLE**

Make up a whole family's worth of our Provolone and Ham Melt sandwiches (recipe, *page 212*) using this cast aluminum reversible griddle and grill from Nordic Ware. Measuring a generous 20×10¾×1 inches, the unit covers two burners on your range. Use the smooth side (*right*) for toasted sandwiches and pancakes; use the opposite ribbed side for grilling burgers, bacon, chicken, or other meats. Nonstick coating on both sides makes cleanup quick and easy. The cost is $54.95, which includes shipping, handling, and applicable sales tax.





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a. Anything that falls on the floor
b. Anything that falls on the floor
c. Anything that falls on the floor
d. Other





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pork
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## Make Dinner Tonight

continued from page 210

- 1 10-oz. container refrigerated Alfredo or four-cheese pasta sauce or 1¼ cups bottled Alfredo or four-cheese pasta sauce
- 3 Tbsp. milk
- 1 12-oz. can water-pack solid white tuna, drained and broken into chunks
- ¼ cup finely shredded Parmesan cheese

1. Preheat oven to 425° F. In a Dutch oven cook pasta according to package directions. Drain well; return to pan. Meanwhile, in a bowl combine pesto, Alfredo sauce, and milk. Add to pasta, stirring gently to coat. Gently fold in tuna.

2. Transfer pasta mixture to a 2-quart oval baking dish. Sprinkle with shredded Parmesan cheese. Bake for 10 to 15 minutes or until heated through and cheese is just melted. Makes 4 servings.

Nutrition facts per serving: 453 cal., 24 g total fat (4 g sat. fat), 53 mg chol., 587 mg sodium, 35 g carbo., 2 g fiber, 24 g pro. Daily Values: 4% vit. A, 5% vit. C, 11% calcium, 16% iron.

### Provolone and Ham Melt

A sandwich to satisfy both kids and adults: For the young, try cheese, ham, and fruit. Offer grown-ups red pepper and prosciutto.

**Prep:** 15 minutes **Cook:** 8 minutes

- 8 slices thick-cut multigrain, whole wheat, poppy seed, white, or pumpernickel bread
- Margarine or butter, softened
- 4 tsp. mayonnaise or salad dressing
- 4 oz. provolone and/or cheddar cheese, thinly sliced
- ½ of a 7-oz. jar roasted red sweet peppers, well drained
- 2 thin slices pear, apple, or canned pineapple rings, well drained and patted dry
- 4 oz. thinly sliced cooked ham or prosciutto
- 2 Tbsp. mango chutney

1. Spread one side of each bread slice with margarine or butter. Place 4 bread slices, buttered side down, on griddle. Spread mayonnaise on the 4 slices on the griddle. Top with provolone cheese. Top 2 sandwiches with red peppers and 2 sandwiches with sliced fruit. Top all 4 with ham or prosciutto. Cut up large pieces of chutney; spread unbuttered side of remaining 4 bread slices with chutney. Place atop bread slices on griddle, buttered side up.






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2. Cook sandwiches over medium heat about 4 minutes per side or until bread is toasted and cheese is melted, turning once. Makes 4 main-dish servings.

Nutrition facts per serving: 398 cal., 22 g total fat (10 g sat. fat), 53 mg chol., 970 mg sodium, 35 g carbo., 3 g fiber, and 17 g pro. Daily Values: 16% vit. A, 82% vit. C, 27% calcium, and 13% iron.

**Bail-Out Beef Stroganoff**

We've created a quick-prep method for this classic Old World recipe. The horseradish-sour cream adds an imperial touch.

**Start to finish:** 30 minutes

- 3 cups dried wide noodles
- 3 cups broccoli spears (12 oz.)
- ½ cup light dairy sour cream
- 1½ tsp. prepared horseradish
- ½ tsp. snipped fresh dill
- 1 lb. beef ribeye steak
- 1 small onion, cut into ½-inch slices
- 1 clove garlic, minced
- 1 Tbsp. cooking oil
- 4 tsp. all-purpose flour
- ½ tsp. pepper
- 1 14½-oz. can beef broth
- 3 Tbsp. tomato paste
- 1 tsp. Worcestershire sauce

1. Cook noodles according to package directions, adding broccoli the last 5 minutes of cooking; drain and keep warm.

2. Meanwhile, in a small serving bowl stir together the sour cream, horseradish, and dill; cover and chill until serving time.

3. Trim fat from beef. Cut into bite-size strips. In a large skillet cook half of the beef, onion, and garlic in hot oil until onion is tender and beef is desired doneness. Remove from skillet. Add remaining beef, and cook and stir until beef is desired doneness. Return all meat to skillet; sprinkle flour and pepper over meat. Stir to coat.

4. Stir in broth, tomato paste, and Worcestershire sauce. Cook and stir until thickened and bubbly. Cook and stir 1 minute more. Divide noodle-broccoli mixture among 4 bowls. Spoon beef mixture on top of noodle mixture. Top with a spoon or two of the horseradish-sour cream mixture. Makes 4 servings.

Nutrition facts per serving: 368 cal., 15 g total fat (5 g sat. fat), 81 mg chol., 454 mg sodium, 32 g carbo., 4 g fiber, and 29 g pro. Daily Values: 21% vit. A, 83% vit. C, 9% calcium, and 21% iron.

Menu Idea: Serve with crisp breadsticks or select seasonal fruit for a refreshing side dish.

continued on page 214






NOW ON EVERY PACK OF Folgers.

## Make Dinner Tonight

continued from page 213

**Pour-and-Bake Pear Pudding**

Be sure to use a pan that has a one-piece bottom. A springform pan or quiche pan with a removable bottom may leak.

**Prep:** 15 minutes **Bake:** 25 minutes
**Stand:** 30 minutes

- 2 15-oz. cans pear halves in light syrup
- ⅓ cup all-purpose flour
- ¼ cup granulated sugar
- ½ cup plain low-fat or fat-free yogurt
- 2 eggs
- 1 tsp. vanilla
- 3 Tbsp. brown sugar

1. Preheat oven to 375° F. Drain pear halves, reserving ¾ cup syrup. Score round side of pear halves with shallow crosswise cuts. Set pears and s[yrup] aside. In a blender container or food processor bowl place flour and granulated sugar. Cover and blend or process until combined. (This prevents flour from clumping.) Add yogurt, eggs, vanilla, and the reserved pear syrup. Cover and blend or process until smooth.

2. Grease a 9½x1½- or 10x1½-inch-deep quiche dish. Arrange pear halves, cut side down, in bottom of the dish. Pour batter over fruit. Sprinkle with brown sugar. Bake for 25 to 30 minutes or until center is just set when gently shaken. Cool on a wire rack about 30 minutes. Spoon into dessert dishes; serve warm. Makes 6 servings.

Nutrition facts per serving: 192 cal., 2 g total fat (1 g sat. fat), 72 mg chol., 44 mg sodium, 40 g carbo., 2 g fiber, and 4 g pro. Daily Values: 2% vit. A, 2% vit. C, 6% calcium, and 6% iron.



**Shallow slits cut across the top of the pears gives the fruit more appeal.**

**Upside-Down Pizza Pie**

To create the lattice crust, start laying strips in the middle of the bowl and work your way to the edges, cutting or piecing the strips of pastry to fit.






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**Prep:** 20 minutes **Bake:** 25 minutes
**Stand:** 5 minutes

- 1 14½-oz. can diced tomatoes with basil, garlic, and oregano, undrained
- 2 cups cubed cooked chicken
- 1 8-oz. can pizza sauce
- 1½ cups quartered fresh mushrooms, such as brown, white, or button
- 1 cup shredded pizza cheese (4 oz.)
- ¼ cup grated Parmesan cheese
- 1 11-oz. pkg. (12) refrigerated breadsticks
- Milk
- 1 Tbsp. grated Parmesan cheese
- Desired toppings, such as sliced green onions, snipped fresh chives, sliced pitted black or green olives, chopped sweet green or yellow pepper, and/or shredded pizza cheese

1. Preheat oven to 375° F. In a medium bowl stir together the tomatoes, chicken, pizza sauce, and mushrooms. Spoon mixture into four greased 12- to 16-ounce individual baking dishes. Sprinkle the pizza cheese evenly over tomato mixture. Sprinkle with Parmesan cheese.

2. Unroll the breadstick dough. Separate along perforations to form 12 strips. Weave strips over filling to form a lattice crust on each baking dish. Depending on the width of your bowls, you may need to cut strips to length or piece strips together.

3. Brush dough with a little milk. Sprinkle with remaining tablespoon of Parmesan cheese. Bake for 25 minutes or until breadsticks are golden brown and filling is bubbly. Cool 5 minutes. Serve in dishes or loosen edges and invert onto dinner plates; remove dishes. Sprinkle with desired toppings. Makes 4 servings.

Nutrition facts per serving: 562 cal., 20 g total fat (8 g sat. fat), 88 mg chol., 1,865 mg sodium, 52 g carbo., 3 g fiber, and 40 g pro. Daily Values: 21% vit. A, 33% vit. C, 40% calcium, and 29% iron.

**Sauté-and-Serve Pasta Toss**

Green tomatoes give this quick dish a piquant flavor, but don't stop there—toss in any vegetable you may have in the fridge.

**Start to finish:** 25 minutes

- 8 oz. dried fusilli or spaghetti
- 2 Tbsp. olive oil or cooking oil
- 1½ oz. Italian bread, torn into small pieces (1½ cups)
- 8 oz. uncooked Italian sweet or hot sausage, or ground beef
- 2 medium green tomatoes, cut into wedges

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Family Food Ideas FFI

## TYSON Chicken with Caramelized Onion and Garlic

- 4 TYSON® Fresh Skinless Split Chicken Breasts
- 1 Tbsp. olive oil
- 2 medium onions, sliced
- 6 cloves garlic, minced
- ½ cup packed brown sugar
- 2 Tbsp. white wine vinegar

Rinse chicken with cold water and pat dry with paper towels. Preheat oven to 450°F. Spray a 2-quart baking dish with nonstick cooking spray. Heat oil in a medium nonstick skillet over medium-low heat. Add onion and garlic; mix well. Cook and stir 6 to 8 minutes or until soft. Stir in sugar and vinegar until dissolved. Cook and stir 7 to 9 minutes or until liquid evaporates. Remove from heat. Place chicken, bone side down, in baking dish. Spread onion mixture evenly over chicken. Cover loosely with foil.

Bake at 450°F for 20 to 25 minutes. Insert an instant-read thermometer into the thickest part of the chicken. Internal temperature should read 170°F.

Serve with cooked broccoli and boiled potatoes tossed with butter and parsley, if desired.

Refrigerate leftovers. Makes 4 servings.

## MANWICH Meatloaf

- 1 15.5 oz. can HUNT'S® MANWICH® Original Sloppy Joe Sauce, divided
- 1 lb. ground beef
- ¾ cup quick oats
- 2 eggs

Preheat oven to 350°F. In a large bowl combine ½ can MANWICH®, ground beef, oats, and eggs; mix well. Shape into a loaf pan. Bake for 30 minutes; carefully drain juices from pan. Pour remaining ½ MANWICH® evenly over meatloaf. Bake at 350°F for 30 minutes more. Makes 4 to 6 servings.

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- 1 medium red onion, coarsely chopped
- 1 medium red, green, or yellow sweet pepper, cut into bite-size pieces
- 1 26-oz. jar pasta sauce with olives

1. Cook pasta according to package directions; drain.

2. Meanwhile, in a large skillet heat the oil over medium-high heat. Add bread pieces. Cook and stir for 2 to 3 minutes or until bread is toasted. Remove from skillet; set aside.

3. Remove casings, if present, from sausages. In the same skillet cook and stir the sausage or ground beef, tomatoes, onion, and pepper over medium heat 6 to 8 minutes or until vegetables are tender and sausage is browned. Drain off fat. Stir in pasta sauce. Cook and stir until heated through. Serve sauce over hot cooked pasta; sprinkle with toasted bread pieces. Makes 4 servings.

Nutrition facts per serving: 595 cal., 23 g total fat (6 g sat. fat), 38 mg chol., 1,023 mg sodium, 71 g carbo., 6 g fiber, and 20 g pro. Daily Values: 55% vit. A, 121% vit. C, 13% calcium, and 22% iron.

**Candy Bar Peanut Butter Cookies**

This idea works with almost any small candy that will fit within the dough.

**Prep:** 30 minutes **Bake:** 12 minutes

- 1½ cups all-purpose flour
- 1½ cups sugar
- ¼ tsp. baking soda
- ⅛ tsp. salt
- ½ cup cold butter
- ½ cup creamy peanut butter
- ¼ cup honey
- 1 Tbsp. milk
- ½ of a 12-oz. pkg. chocolate-covered peanut clusters or 1⅓ cups (8 oz.) candy-coated peanut butter pieces

1. Preheat oven to 350° F. In a large mixing bowl stir together the flour, sugar, baking soda, and salt. Using a pastry blender, cut in the butter and peanut butter until mixture resembles coarse crumbs. Combine honey and milk; drizzle over flour mixture. Using a wooden spoon, stir until combined.



**Nestle the candy in the middle of the cookie, then fold dough around it.**

2. For each cookie, shape a well-rounded tablespoon of dough into a ball. Flatten in the palm of your hand. Place an approximate 1-inch peanut cluster* or a slightly rounded teaspoon of small candy-coated peanut butter pieces in the center of the dough. Shape dough up and around candy, rolling into a ball. Place 2 inches apart on an ungreased cookie sheet.

3. Bake about 12 minutes or until the bottoms of cookies are lightly browned. Let stand for 1 minute on cookie sheet before removing. Transfer cookies to wire rack; cool. If desired, freeze cookies in a freezer container or freezer bag up to three months; thaw about 15 minutes before serving. Makes 20 to 24 cookies.

*Note: If peanut clusters are larger than 1 inch, cut them into two pieces, using one piece per cookie.

Nutrition facts per cookie: 190 cal., 11 g total fat (5 g sat. fat), 14 mg chol., 114 mg sodium, 21 g carbo., 1 g fiber, and 4 g pro. Daily Values: 4% vit. A, 0% vit. C, 2% calcium, and 4% iron.

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by Mary Gunderson

## Lemonade stand checklist:

- ✓ Start with a great product. (See recipe, page 221.)
- ✓ Invest weekly allowance for capital.
- ✓ Make sure the price is right.
- ✓ Stock up on supplies.
- ✓ Make signs with lots of curb appeal.
- ✓ Sell. Sell. Sell.

# Lemonade Stand 101

Kids know lemonade stops traffic. Given a hot sun and a blue sky, passersby rarely resist a chance to buy a refreshing drink from young entrepreneurs.

A lemonade stand is many a kid's first business venture. They may have as much fun with their strategic planning and production as the exchange of cold drinks for cold cash.

Mom and Dad, plan on serving as the venture capitalists and quality control supervisors. Why not suggest a fruity homemade lemonade? An excellent product always ensures repeat sales, and you'll appreciate that: After all, you may become the best customers!

continued on page 221

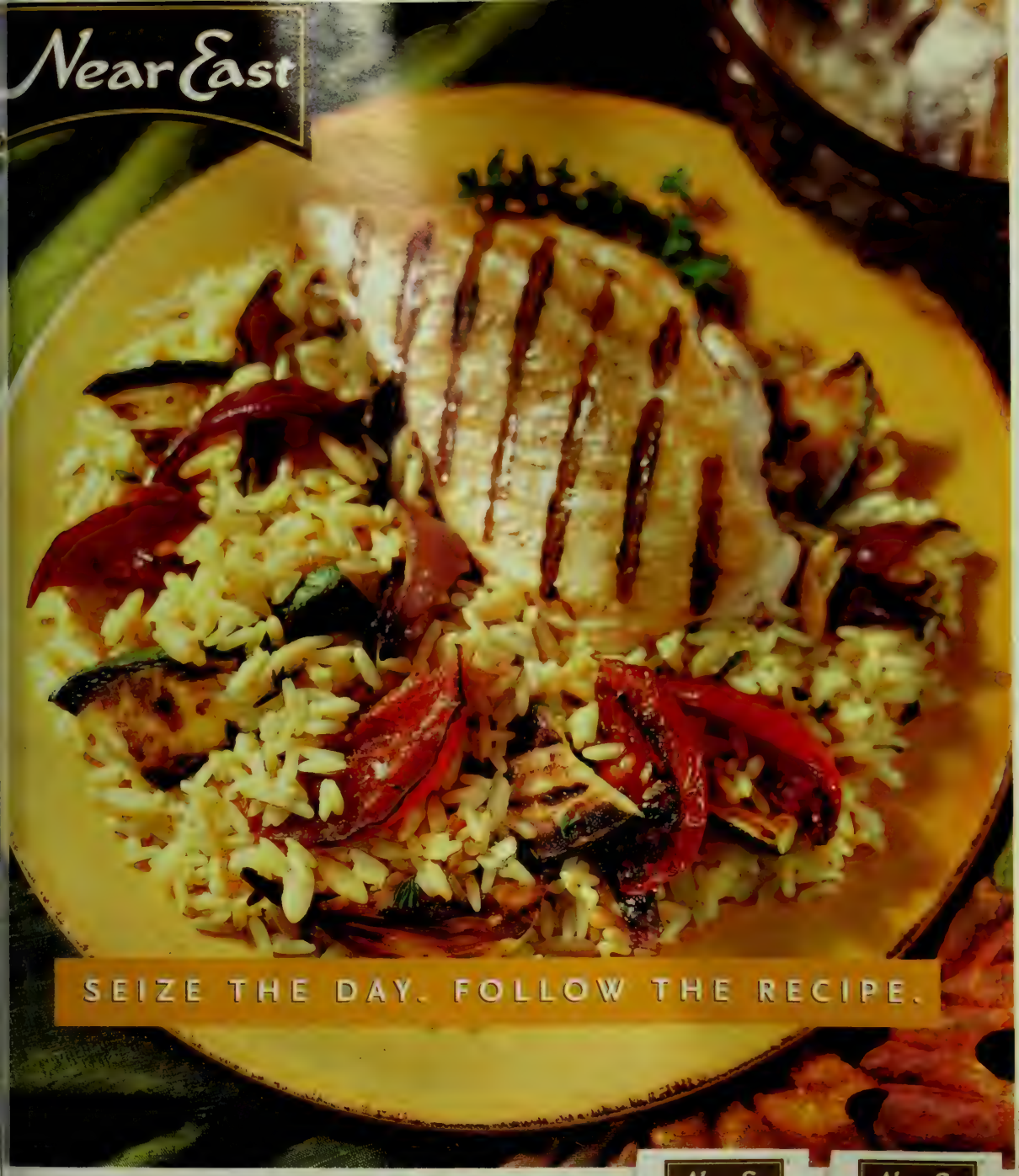
### SQUEEZING THE PROFIT MARGIN

Math class story problems are much more fun when they're about the project at hand. Try these:

1. If our recipe uses 4 lemons plus sugar and water to make 6 cups of lemonade, and one cup equals 8 ounces, how many ounces of lemonade does this recipe make?
2. If you use 3-ounce cups for your stand, how many servings will you have from each batch of Fruit Power Lemonade?
3. You paid $1 for lemons, $2 for fruit, and 25 cents for sugar. The other supplies were donated. How much profit will you make if you sell all the lemonade for 50 cents a cup?

Answers:

1. 6 cups x 8 ounces per cup = 48 ounces lemonade.
2. 48 ounces lemonade ÷ 3-ounce cups = 16 servings
3. 16 servings x 50 cents per serving = $8 projected gross profit. Gross profit ($8) - costs ($1 + $2 + 25 cents) = projected net profit ($4.75)




©2005 GGC

## ROASTED VEGETABLE PILAF

**ackage (6.09 oz.) NEAR ST Rice Pilaf Mix**
ıblespoons olive oil
ıblespoons balsamic negar
oves garlic, minced
easpoon dried thyme leaves
ırge plum tomatoes, uartered
ucchini, cut in half & iced lengthwise
mall red onion, sliced

1. Prepare Near East rice according to package directions, except omit margarine or butter.
2. In a small bowl, mix oil, vinegar, garlic and thyme together. Set aside.
3. While rice cooks, place already cut vegetables in a medium baking pan and drizzle vegetables with oil mixture. Bake at 400° F for 8 to 10 minutes or until golden brown. Stir vegetables into rice mixture. Garnish with fresh thyme sprig, if desired. 5 servings (1 cup each)

Prep time: 10 minutes. Cook time: 20 minutes.

**More great recipes at www.neareast.com**




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(2) Grand Prizes, each consisting of a four people to a Hawaiian resort to be ed by sponsor. Including hotel, round-trip airfare, and $1,000 in spending money. izes are: 250 Portable CD Players and 000 "Message in a Cow Bottle" Travel ith Water Bottle; 1,000 "Message in a rts. Odds of winning Grand Prize 00,000; Portable CD Player, 1:12,000; 000; T-shirt, 1:3,000.
k under cap for a chance to find a game piece. If you find a "Message in a Bottle" game piece indicating you have your name, street address and number on a 3"x5" piece of paper and winning game piece to: Hershey's a Cow Bottle Sweepstakes—Prize [illegible]. Grand Prize winner claims via Registered claims must be received by 15, 2002. All prize claims are subject
Official Rules, you can also call toll 7-222-2555 or visit our Web site heys.com/messageinacowbottle.





continued from page 218



**Fruit Power Lemonade**

Think big! Triple the recipe so you don't run out during peak sales periods. Use an oversized jar as a serving container.

**Prep:** 15 minutes

- 4 medium lemons, halved
- 4½ cups water
- ¾ cup sugar
- 2 cups assorted, sliced fresh fruit, such as star fruit, mango, strawberries, kiwi, nectarines, peaches, and/or limes
- Ice cubes

1. Grip one lemon half firmly; press and twist onto lemon reamer until all juice is released. Repeat with remaining lemon halves. Discard empty halves. If necessary, strain juice through strainer to remove lemon seeds. You should have about ¾ cup freshly squeezed lemon juice.

2. In a large jar or pitcher combine the freshly squeezed lemon juice, water, and sugar. Stir vigorously until sugar is just dissolved. Add assorted fruits. Ladle immediately into individual disposable cups filled with ice cubes, or chill several hours. Makes 6 cups.

### HELPFUL PARENT TIPS TO KEEP THINGS SWEET

- Choose medium-size lemons that small hands can hold and press onto a lemon reamer or citrus juicer.
- Supervise the preparation: Precut the lemons and fruit yourself, and let the kids help with the mixing and stirring.
- Encourage older kids to help the younger ones when pouring and straining to remove the seeds from the lemon juice.
- Have plenty of change on hand from your child's piggy bank. You may also need to take a trip to the bank to fund the cash register.
- Help with choosing a location, stand construction, sign hanging, and even sales. Don't leave the kids alone.




# Nutrition Information How to make it work for you

BETTER HOMES AND GARDENS TEST KITCHEN

**Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.**

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrates, fiber, and protein will help you keep tabs on what you eat.

You can check the levels of each recipe serving for vitamin A, vitamin C, calcium, and iron. These are noted in percentages of the Daily Values. The Daily Values are the dietary standards determined by the Food and Drug Administration (FDA).

**How we analyze**

We omit optional ingredients from the analysis. The analysis is calculated using 2 percent reduced-fat milk.

When ingredient choices appear in a recipe (such as margarine or butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient over the other.

We use the first serving size listed when a range is given.

**What you need:**

Calories: About 2,000
Total fat: Less than 65 grams
Saturated fat: Less than 20 grams
Cholesterol: Less than 300 milligrams
Carbohydrate: About 300 grams
Sodium: Less than 2,400 milligrams
Dietary fiber: 20 to 30 grams

Use our analyses to chart the nutrition value of the foods you eat. The dietary guidelines above suggest the levels of nutrients that moderately active adults should strive to eat each day. There is no real harm in going over or under these guidelines in any single day, but it is a good idea to aim for a balanced diet over time.

# Win Money and Prizes Prize Tested Recipes® (see page 225)

Your original recipe could be worth up to $400 and net you a kitchen full of new appliances. Send your recipes (ones that have never before been published) to our Prize Tested Recipes® contest, which features two new categories each month. Seven months later, we'll publish the four winning recipes.

**One Annual Grand Prize:** GE Profile Appliances (refrigerator, dishwasher, microwave oven, and range or cooktop/oven; approximate retail value: $5,000)

**Monthly Prizes:** Two $400 winners, Two $200 winners, Ten $50 honor rolls

**April 2002 Categories: Dinner in a Bowl:** One way to make dinner simple is to let the ingredients mingle in a single container. Get creative: Think up noodle or rice dishes that are saucy enough to eat from a bowl. Or, how about some complete meal combinations, such as poultry and vegetables with pasta. Consider flavoring the mixtures with spices and condiments from around the world—the Far East, the Caribbean, Italy, or even regional areas across the United States.

**Pear-fect:** We're looking for recipes featuring fresh or canned pears. Do you use the fruit when preparing appetizers? Or, perhaps you have a favorite baked dessert in which pears are the stars. Other interesting possibilities may be stuffings, casseroles, or side-dish and main-dish salads, as well as salsas to accompany a meat entrée. Is a sandwich or pizza with sliced pears—instead of vegetable toppers—your specialty? Any recipe featuring pears is welcome.

**This Month's Winners** - Pages 225 and 226

$400 Winners: Gloria T. Bove, Bethlehem, Pa.; Ann Peterson, Reno, Nev. $200 Winners: Debbi Bracker, Carl Junction, Mo.; Geoff Rudaw, Nanuet, N.Y. $50 Honor Roll Winners: Richard Barg, Louisville, Ky.; Karen Barren, Dalton, Pa.; Sonya Bavvai, Palo Alto, Calif.; Carolyn Beal, Lutz, Fla.; Jody Carroll, Lake Barrington, Ill.; Franca P. Gilbert, Youngsville, N.C.; Heather Hampton, Denver, Colo.; Cheryl Hooley, Petoskey, Mich.; Corey Simmonds, Roeland Park, Kan.; Larry D. Wilkins, Denver, Colo.

**Contest Rules:** NO PURCHASE NECESSARY. 1. The contest is open to legal U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate families. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "Dinner in a Bowl" or "Pear-fect." Specify brands and recipe origin. 3. Send recipes by postal mail to: 0204 Food Department, *Better Homes and Gardens*® Magazine, Des Moines, IA 50309-3023. Or, send e-mail entries to: ptr@mdp.com. 4. Entries must be postmarked by September 21, 2001, and received by September 28, 2001. E-mail entries must be posted by 11:59 p.m., EDT, September 21, 2001. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit, release, and copyright assignment. The annual grand prize winner will be selected from the year 2002's top winners on or about October 1, 2002, and will be notified by mail. The grand prize winner will choose up to $5,000 worth of GE Profile appliances from a local dealer at the dealer's then-current retail prices. Any applicable sales tax, delivery charges, or additional costs will be included in the $5,000 prize. Cash will not be offered in lieu of prizes. 6. Entries must be your original recipes. No previously published recipes. They will be judged on creativity, taste, and practicality by *BH&G*® editors. Decisions of judges are final. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law. Send a self-addressed stamped envelope to above address to receive winners' list, available six months after entry deadline. 9. Meredith Corporation assumes no responsibilities for entries they are unable to process due to phone, network, electronic, or computer hardware or software failures, or technical failures of any kind. Subject to all U.S. federal, state, and local laws and regulations. Void where prohibited. Taxes on prizes are the responsibility of the winners.



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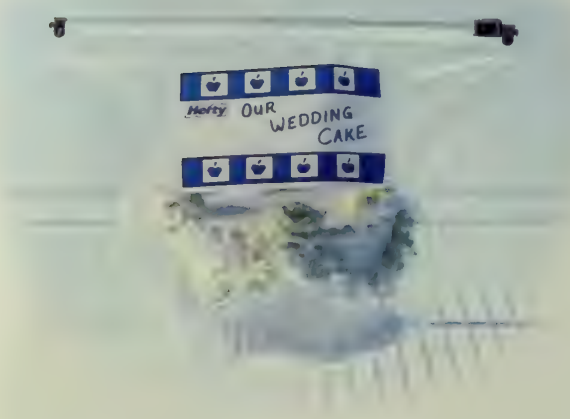
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## $400 winner Cajun Chicken Lasagna

Ann Peterson, Reno, Nev.,
in the Pasta Bakes Category, September 2001

- 16 dried lasagna noodles
- 1 lb. andouille sausage or smoked pork sausage, quartered lengthwise and sliced
- 1 lb. skinless, boneless chicken breast halves, cut into ¾-inch cubes
- 2 to 3 teaspoons Cajun seasoning
- 1 tsp. dried sage, crushed
- ½ cup chopped onion
- ½ cup chopped celery
- ¼ cup chopped green sweet pepper
- 1 Tbsp. finely chopped garlic
- 2 10-oz. containers refrigerated light Alfredo sauce
- ½ cup grated Parmesan cheese
- Nonstick cooking spray
- 1½ cups shredded mozzarella cheese

Preheat oven to 325°F. Cook noodles according to package directions. Drain; rinse. Combine sausage, chicken, Cajun seasoning, and sage. In a large skillet cook meat mixture 8 minutes or until chicken is no longer pink. Remove from skillet using a slotted spoon, reserving drippings in skillet. Set meat mixture aside; keep warm. In same skillet cook onion, celery, sweet pepper, and garlic in drippings until vegetables are tender. Stir in meat mixture, one container of the Alfredo sauce, and Parmesan cheese. Lightly coat a 3-quart rectangular baking dish with nonstick spray. Arrange 4 noodles in bottom of dish. Spread with 2 cups of the meat-vegetable mixture. Sprinkle with ½ cup of the mozzarella. Repeat layers, ending with noodles. Carefully spread remaining Alfredo sauce over the top (if sauce is too thick, heat slightly). Cover; bake 1 hour or until heated through. Let stand 15 to 20 minutes before carefully cutting. Makes 12 servings.

Clip and save recipes in your BETTER HOMES AND GARDENS® New Cook Book.

see page 223 for details



## $400 winner Hazelnut Cream Cassata

Gloria T. Bove, Bethlehem, Pa.,
in the Quick Desserts Category, September 2001

- 1 pkg. 2-layer-size white cake mix or lemon-flavored cake mix
- 1 Tbsp. finely shredded lemon peel (only if using white cake mix)
- ⅓ cup chocolate-hazelnut spread
- ⅓ cup ricotta cheese
- ⅓ cup seedless red raspberry jam
- 1½ cups whipping cream
- 2 Tbsp. sifted powdered sugar
- Halved toasted hazelnuts

Grease and flour three 9×1½-inch-round cake pans; set aside. Preheat oven to 350° F. Prepare cake mix according to package directions using the water, oil, and eggs called for. (If using white cake mix, stir in the 1 tablespoon lemon peel.) Divide batter among prepared pans. (If you have only two 9-inch cake pans, cover and chill one-third of the batter and bake it after the other layers are out of the pans.) Bake about 15 minutes or until a toothpick inserted near the center comes out clean. Let cool in pans on a wire rack for 10 minutes. Remove cakes from pans. Cool thoroughly.

For filling, in a small bowl stir together the chocolate-hazelnut spread and ricotta cheese. Place one layer of cake on a serving platter; spread top with half of the jam. Spread half of the chocolate mixture over jam. Top with another layer of cake. Spread with remaining jam and remaining chocolate mixture. Top with remaining layer of cake. In a chilled bowl beat whipping cream and powdered sugar with chilled beaters of an electric mixer on medium speed until stiff peaks form. Spread whipped cream over top and sides of cake. Top with hazelnuts. Cover; chill up to 24 hours. Makes 12 servings.



Prize Tested Recipes®

see page 223 for details

# $200 winner Cinnamon-Seared Cake

Debbi Bracker, Carl Junction, Mo.,
in the Quick Desserts Category, September 2001

- 1 16-oz. carton frozen sliced strawberries in syrup
- 1 10¾-oz. frozen pound cake, thawed
- 2 Tbsp. butter, softened
- ½ tsp. ground cinnamon
- ⅓ cup whipping cream, whipped
- Ground cinnamon
- Toasted slivered almonds

Thaw strawberries; do not drain. Place strawberries in a blender container. Cover; blend until smooth. Chill. Meanwhile, cut thin slices off each end of pound cake. Cut remaining cake into six thick slices. In a bowl stir together butter and ½ teaspoon cinnamon; spread over one side of each cake slice. Grill slices, buttered side down, on rack of an uncovered grill directly over medium coals for 1 to 2 minutes or until golden brown. Turn and grill 1 to 2 minutes more. (Or, cook cake on a griddle over medium heat for 1 to 2 minutes per side.) To serve, divide strawberries among 6 dessert dishes. Top each with a pound cake slice, buttered side up. Spoon on whipped cream and sprinkle with additional cinnamon. Top with almonds. Makes 6 servings.

Nutrition facts per serving: 360 cal., 20 g total fat (12 g sat. fat), 84 mg chol., 223 mg sodium, 41 g carbo., 2 g fiber, 3 g pro. Daily Values: 13% vit. A, 53% vit. C, 3% calcium, 7% iron.



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see page 223 for

# $200 winner Tortellini Entree

Geoff Rudaw, Nanuet, N.Y.,
in the Pasta Bakes Category, September 2001

- 2 8-oz. pkg. dried cheese-filled tortellini
- 3 Tbsp. finely chopped red onion
- 2 Tbsp. finely chopped shallots
- 1 Tbsp. margarine or butter
- 2 cups half-and-half or light cream
- ½ cup milk
- 2 egg yolks
- ¼ cup grated Parmesan cheese
- 1 Tbsp. snipped fresh sage or 1 tsp. dried sage, crushed
- ½ cup shredded Gruyère or Swiss cheese (2 oz.)
- ½ cup walnut pieces
- 2 oz. prosciutto, finely snipped, or cooked ham, finely chopped

Preheat oven to 400° F. Prepare tortellini according to package directions. Drain; set aside. In a medium saucepan cook onion and shallots in hot margarine over medium heat until tender. Stir in cream and milk. Bring just to boiling. Remove from heat. In a small bowl lightly beat egg yolks. Slowly add about 1 cup of hot mixture to yolks, beating until combined. Return all to saucepan. Cook and stir over medium-low heat about 10 minutes or until slightly thickened and just bubbly. Stir in Parmesan, sage, and ¼ teaspoon pepper. Transfer half of the tortellini to a 2-quart rectangular baking dish. Sprinkle with the cheese. Pour half of the sauce over tortellini. Top with remaining pasta, the walnuts, the prosciutto, and remaining sauce. Bake, uncovered, for 20 minutes or until top is lightly browned and mixture is bubbly. Let stand 10 minutes. Serves 8.

Nutrition facts per serving: 455 cal., 25 g total fat (8 g sat. fat), 96 mg chol., 824 mg sodium, 38 g carbo., 1 g fiber, 21 g pro. Daily Values: 12% vit. A, 2% vit. C, 30% calcium, 7% iron.





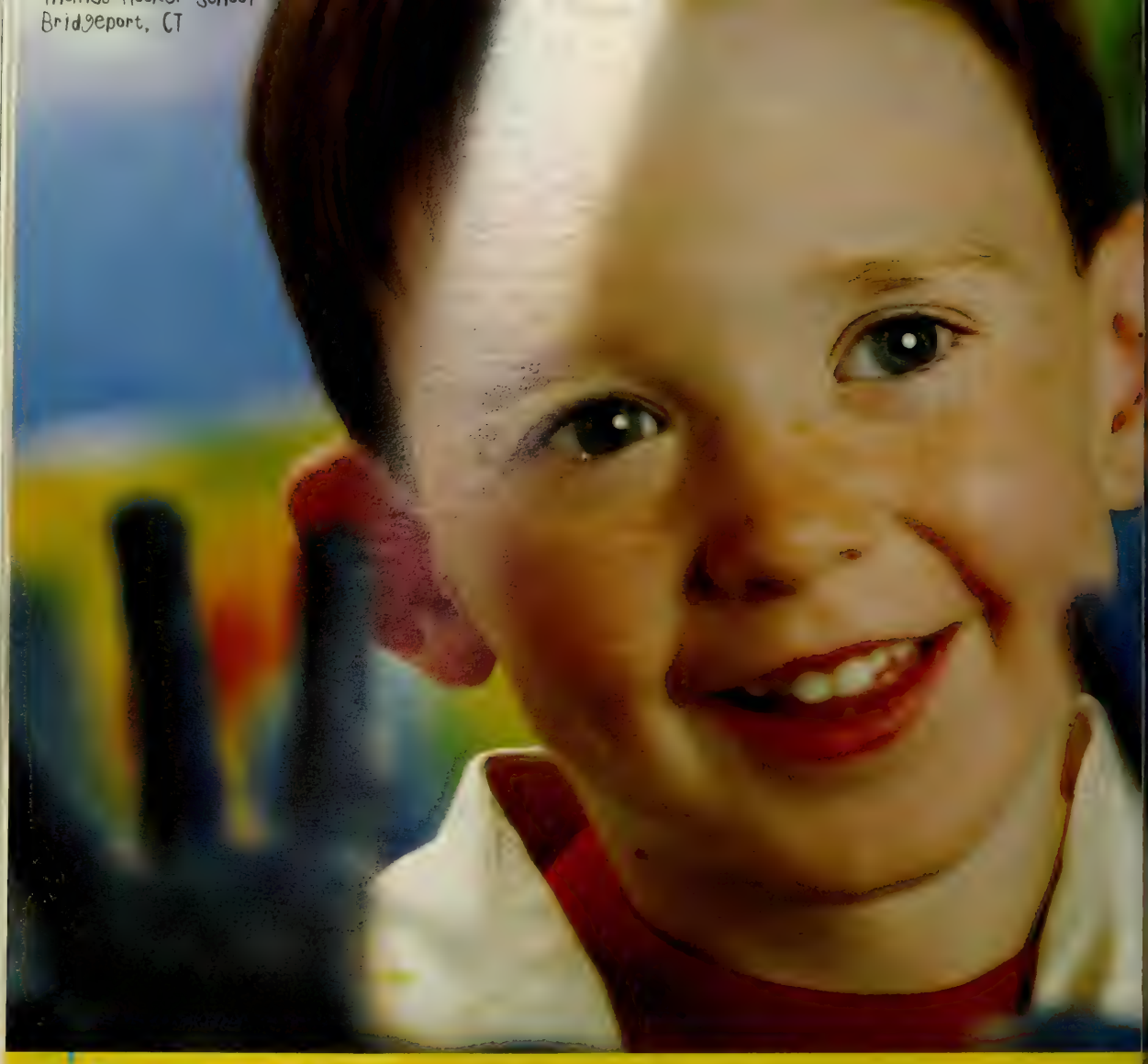

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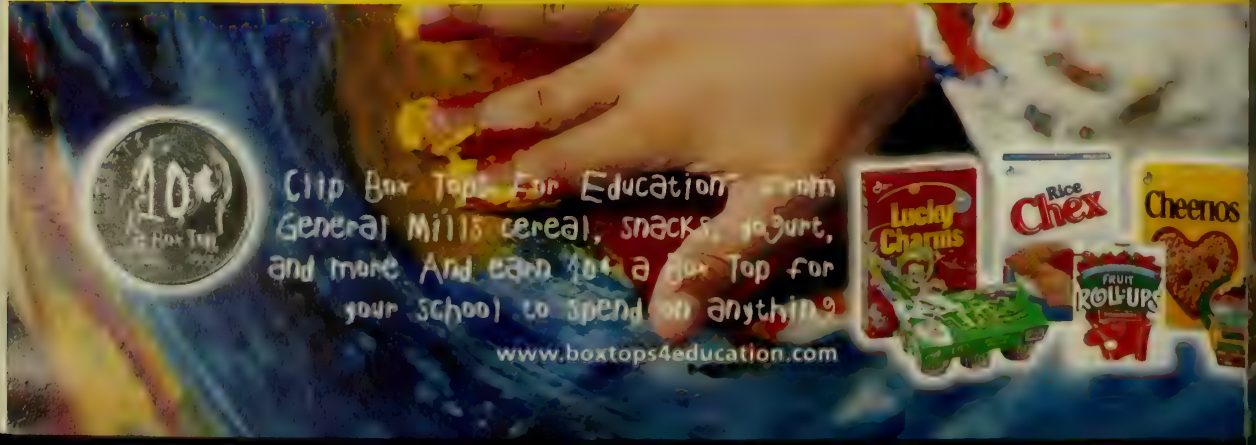
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# Junior Jet-Setters

Navigating an airplane's narrow aisles can be tricky for anyone, but even more so for parents toting a diaper bag, suitcase, car seat, toys, food, and two excited children. Flying with kids may feel completely overwhelming, but it doesn't have to be a disaster, says Lisa Oppenheimer, a Fodor's travel expert.

A mother of two, Oppenheimer says preflight planning is the key to a pleasant trip.

**Before takeoff**

Make flight reservations early for the best price and choice of seating. Request seat assignments when you book the flight so your family can sit together. If the airline won't assign seats at booking, arrive at the gate early to request specific seats.

If spacious first class is too pricey, request the first row of coach class. These bulkhead seats have more legroom and prevent kids from accidentally kicking another passenger's seat. There is no under-seat storage in this row, so pack accordingly.

Most baggage should be checked, Oppenheimer says. Bring on board only the necessities, such as diapers and things to keep kids happy during the dull flight. Some favorite in-flight distractions include handheld games, puppets, Play Dough with cookie cutters, and coloring books.

Remember to give young children a bottle, a lollipop, or gum when the plane takes off and lands. This will help equalize pressure in their ears during altitude changes.

**Be sensitive to others**

Keep the flight pleasant by making certain children don't kick the seat in front of them. Bring drip-free cups to protect nearby passengers from spills. Take children to the restroom before the final descent light is turned on. Flight attendants can't allow restroom trips during landing or as the plane taxis into the gate.

**Remember to laugh**

No matter how prepared the parent, something will probably go wrong when a child is on board, Oppenheimer says. The best way to deal with those situations is to relax and have a sense of humor.

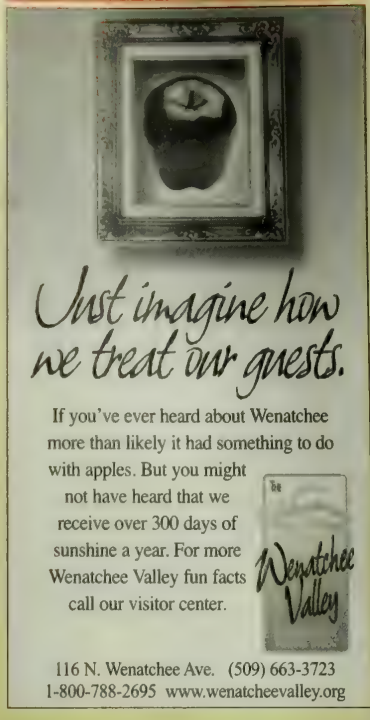
"When you feel like crying, laugh instead," she says. "Some things are out of your control. Do the best you can, and then shrug off the nasty looks from people around you." ⌂

*—by Becky Mollenkamp*

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# Freeing Up the Phone Line

For [illegible]s, teenagers have been tying up family [illegible]s. But in these days of e-mail, Internet [illegible]nd working from home, it may be Mom [illegible]who is causing the busy signal. Here are two ways you can reopen that ever-important line of communication.

## STANDARD PHONE LINE

### Add a line?

Whether your link with the Internet is a personal computer or a Web TV hookup, going online will tie up a conventional, analog telephone line—and even block access to your answering machine, if you have one. The easiest solution is to increase your home's phone capacity by adding another line, which will cost between $20 and $35 per month plus installation.

### Where to add it

Before you have the line installed, determine how and where you're going to use it. It's possible to dedicate your second line to the room that houses a phone-hungry fax machine, computer, or teenager; or you can buy special telephones that let you access either line from any room in the house. Telephones that support two lines cost at least $20 each.

### Special option

One option available from your local phone company is call forwarding, which prevents the confusion that comes from having multiple phone numbers. Incoming calls are automatically routed to whichever line is open. There's often an additional fee for this service.

### What you'll gain

Adding an extra phone line will let one person talk with friends at the same time that another person surfs the Internet. It will not, however, improve the speed of your Internet connection. Since you're still using an analog line, the fastest download speed you can expect to achieve is 56 kilobits per second.

## DIGITAL CONNECTION

### Add a DSL?

For families that have a more demanding need for Web service, a new type of connection called a digital subscriber line (DSL) may be the best option. DSLs let voice and data share the same wires, so one family member can talk on the phone while another goes online with high-speed access to the Internet.

### How it works

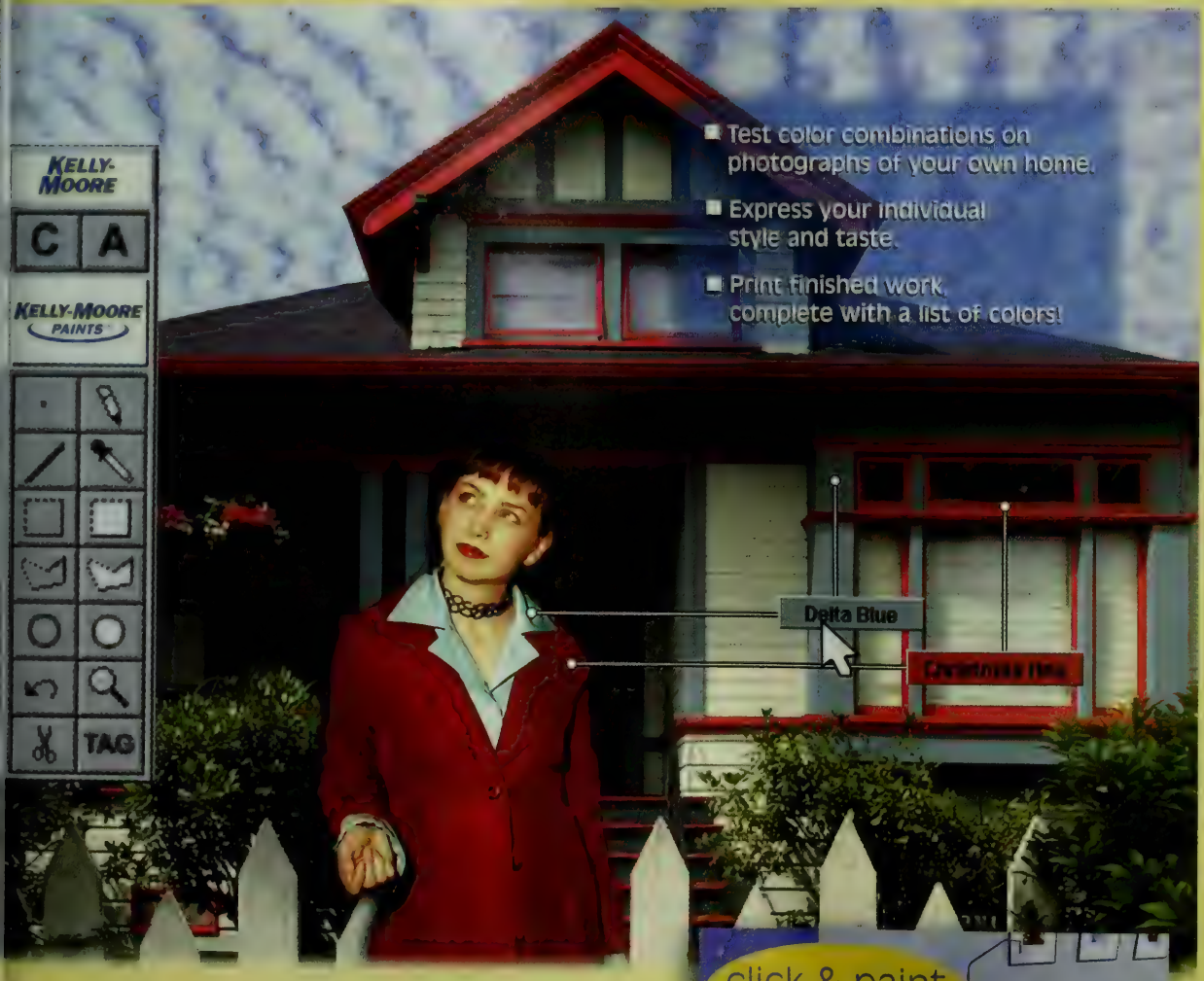
To access the Internet through a standard phone line, your computer uses a modem to translate analog sounds—to your ear this just seems to be a jumble of screeches—into your computer's digital language. This process is called modulating and demodulating, hence the term modem. Digital subscriber lines save a step by allowing computers to talk in their native, digital tongue of ones and zeros. Taking this shortcut pumps up connection speeds by 10 to 20 times, which means that a large file that takes 30 minutes to download on an analog phone line can be transferred on a digital line in a matter of seconds.

### What it costs

Currently, cost is the biggest drawback to logging on digitally. Before you can use a digital subscriber line, you'll need some hardware that costs about $500. And on top of that you'll pay your local phone carrier a monthly fee of $60 to $100 for combined voice and data service. To encourage people to transfer to the new technology, many phone companies are offering free equipment if you'll switch over to their DSL service—a great deal for families that are frequent Internet fliers.

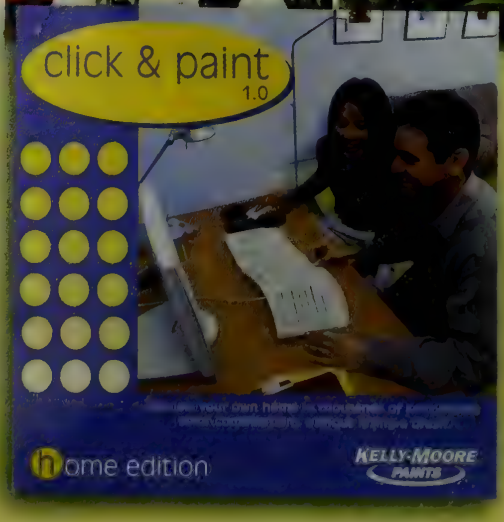
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# Bye Bye Clutter

by Lisa Kingsley

It happens in nearly every kitchen: a jumbled utensil drawer, condiments years past their prime in the refrigerator, and canned goods lost in the back of the cupboard.

Now is the time to bid all this clutter a fond farewell. Focus on these three main areas of chaos in your kitchen and you can get—and stay—buttoned-up, neat, and organized.

**Win the drawer war**

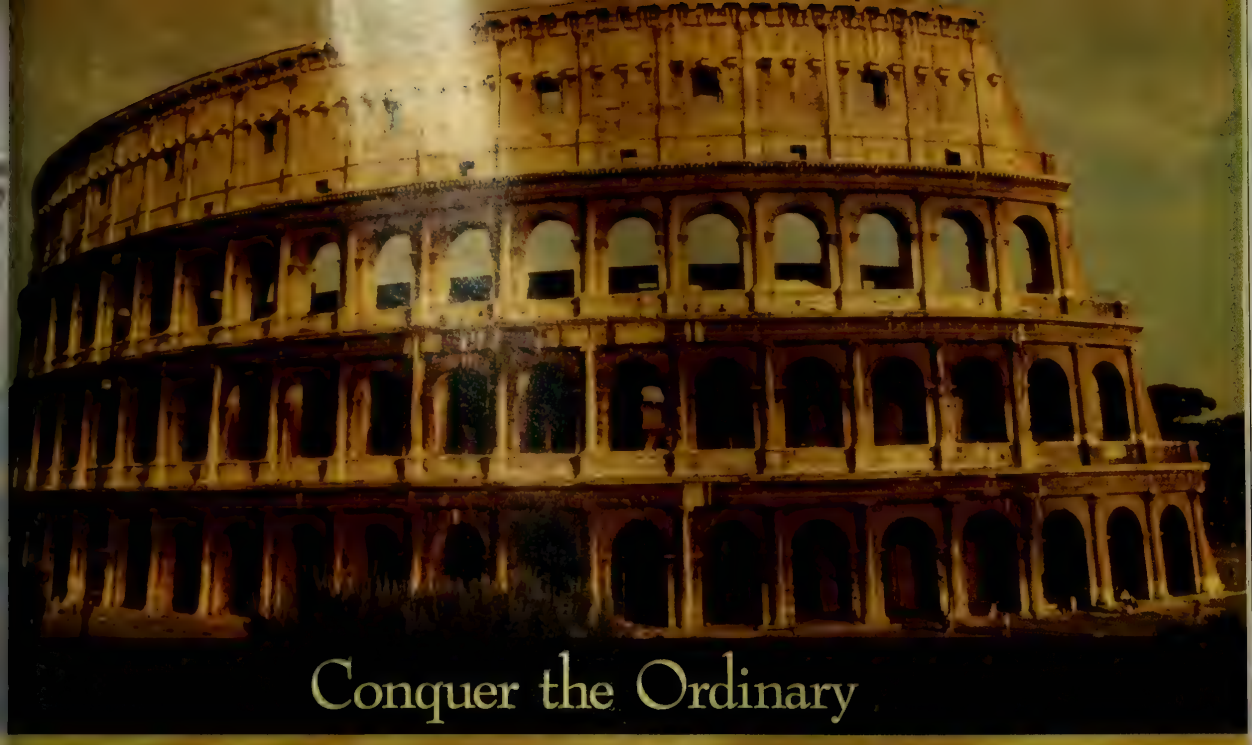
- Cut down on utensil collections: Give away or toss any gadget you haven't used in a year.
- Keep utensils close to the area of the kitchen where they will be used. Use a decorative canister or crock to hold a "bouquet" of often-used utensils, such as spoons, spatulas, whisks, and tongs. A wall-mounted utility rod can free up valuable counter space.
- Make liberal use of drawer dividers. Combine items with similar functions—the potato peeler with the citrus zester, the can opener with the corkscrew, the spatula with the kitchen tongs.

**Open up your cupboards**

- Organize pantry foods into groups: soups, broths, and canned tomatoes; pasta, rice, and beans; cereals; and beverages. It will be easier to see what you have and what you need to buy.
- Write the purchase date on top of spice jars and packages of cereals, grains, and crackers, so you can rotate them for optimal freshness.
- Toss spices that are older than six months. Organize the remainder alphabetically. You'll easily find what you need and avoid having three half-empty jars of cumin.
- Send the appliances, glassware, or china you never use to the basement, the attic, or the charity of your choice. Rid your collection of duplicates. It's simpler to rinse out mixing bowls or measuring cups and reuse them rather than storing several sets.
- Use glass or plastic bins to organize bulk food items. Bins are great for small, loose items, too, such as spice envelopes and tea bags.

**A place for everything and everything ...**

- Clean out the refrigerator every time you put away groceries. Toss out whatever is past its prime, and give drawers and shelves a quick wipe before you put away fresh fruits and vegetables, or milk and juice containers.
- Purchase inexpensive plastic turntables so small jars are accessible with just one spin.
- Liberate refrigerator drawer space by using small, stackable glass or plastic bins for organizing meats and cheeses, jams and jellies, condiments, pickles, and relishes.
- Keep a running grocery list attached to a magnetized chalkboard or paper tablet on the refrigerator. Post a roster of menu ideas and match your choices to ingredients you have on hand or on your shopping list.



# Conquer the Ordinary

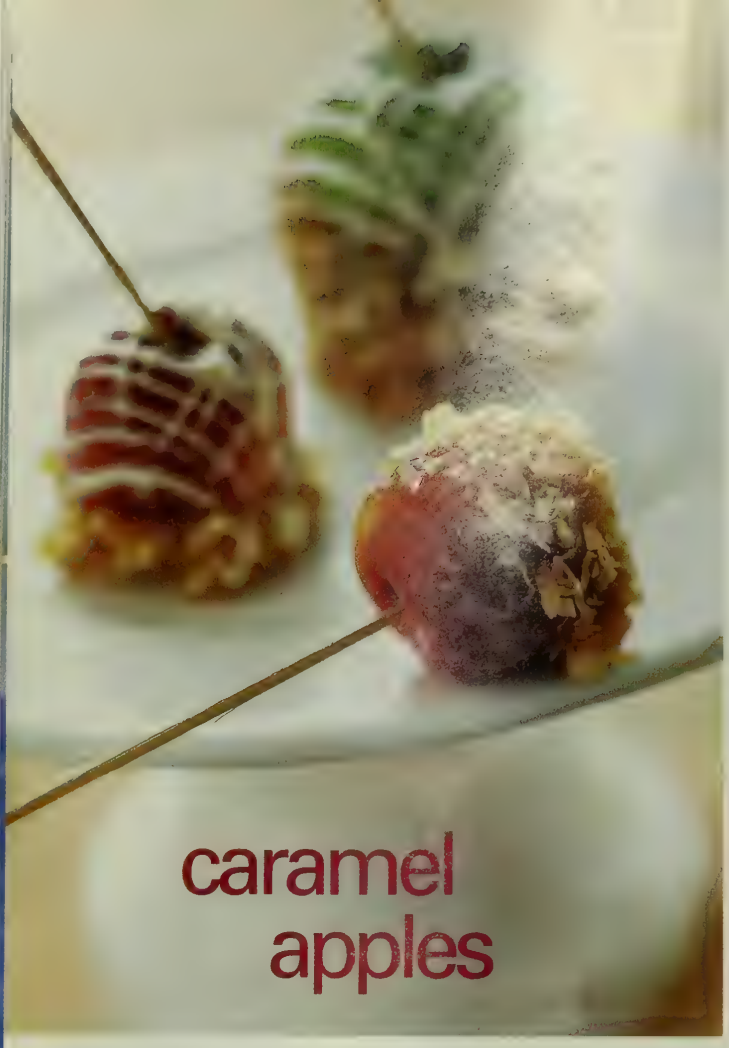



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# caramel apples



### TAKE YOUR PICK

Just about any apple is a candidate for dressing up in caramel. However, there's a lot to be said for using petite apples. Also known as "pocket" or "lunch box" apples, these smaller fruits are wonderfully sweet and fully mature. One of the better-known varieties is the lady apple. These diminutive beauties are gorgeous coated in a sleek wrap of caramel. Then accessorize as you please with nuts, granola, coconut, cereal—even chocolate- or vanilla-flavored candy coating melted with a small amount of shortening. You can bet these glamorous ladies will be the hit of any party, and a tasty treat for the kids too.

**Petite Caramel Apples**
**Prep:** 20 minutes **Cook:** 25 minutes

- 8 to 10 small apples, such as lady apples
- 8 to 10 wooden craft sticks
- 2 cups coarsely chopped toasted nuts, toasted coconut, ready-to-eat sweetened cereal, and/or granola
- 1 cup whipping cream
- ¾ cup granulated sugar
- ½ cup light-colored corn syrup
- ¼ cup packed dark brown sugar
- 1 Tbsp. butter
- ½ tsp. vanilla

1. Lightly grease a large baking sheet; set aside. Wash apples; pat dry. Remove stems. Insert wooden sticks into stem end of each apple; set aside. Place chopped nuts, coconut, cereal, and/or granola in separate shallow dishes or pie plates; set aside.

2. In a medium saucepan combine whipping cream, granulated sugar, corn syrup, brown sugar, and butter. Cook and stir over medium-high heat until mixture just boils.

3. Reduce heat to medium. Attach a candy thermometer to the side of the pan (the tip of the thermometer should not touch the bottom of the pan). Boil mixture at a steady moderate rate, stirring frequently until thermometer reaches 248° F, firm-ball stage (about 25 minutes). Remove from heat. Remove thermometer. Stir in vanilla.

4. Working quickly, dip each apple into the hot caramel, turning to coat all but the top inch or so. Lift apple out of caramel, twirling gently to let excess caramel run back into saucepan. (If caramel thickens, return saucepan to low heat. Stir in a teaspoon or two of milk.) Using a table knife, remove excess caramel.

5. Roll apple in desired topping, coating bottom half of apple. Place coated apple on prepared baking sheet. Serve warm. Or cool; cover loosely with plastic wrap. Refrigerate for several hours.

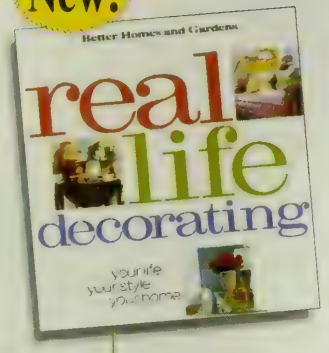
Nutrition facts per serving: 488 cal., 26 g total fat (10 g sat. fat), 45 mg chol., 56 mg sodium, 67 g carbo., 5 g fiber, and 3 g pro. Daily Values: 15% vit. A, 11% vit. C, 5% calcium, and 6% iron.


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# Home Inspection Tips

**Protect your home's value** and avoid major repairs by implementing regular home maintenance inspections. Whether you call a pro or do it yourself, start with this list of preventive tasks. Remember to disconnect the power source of any electrical or gas system before beginning.

- **Drain 2 gallons of water** from the water heater to remove sediment from the bottom of the tank.
- **Replace carbon cartridge** of water filter in point-of-service, activated carbon units.
- **Clean the forced-air heating and cooling system's** air filter to prevent airborne dirt from circulating throughout your house. (If filter is reusable, remove and wash. If disposable, replace it.)
- **Attic fan.** Dislodge leaves and debris from louvers and louver pivots. Clean fan blades. Lubricate motor and pulley bearings with a drop of oil on each pivot and oil port. Check drive belt, and replace if sides are glazed smooth and slippery. Check belt tension (should deflect ½ inch when pressed in middle). Replace belt if necessary.
- **Gas heater.** Shut off, then check exhaust vent and air shutter openings for dirt and dust. Clean lint and dirt from the burner, and vacuum air passages to burner.
- **Inspect the heating system's** fan belt for frayed or worn spots, and check tension (should deflect about ¾ inch). Keep a spare belt on hand.
- **Refill water softener** (ionization type) with salts available from the dealer.
- **At the top of the hot water tank** manually open the safety valve (temperature-pressure-relief valve) to test operation. Wear gloves and use a bucket to catch water as it comes out. Be sure the valve returns to its original position.

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136. **FOX CITIES**—We are 14 family-friendly communities nestled in northeastern Wisconsin along the Fox River. Shopping, restaurants, nature trails, minor league baseball and a spectacular children's museum
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# buying guide

Some of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, contact the manufacturers listed below.

**Top It Off**

**Page 25**: **cotton ball fringe**—Hollywood Trims, Prym-Dritz Corp., P.O. Box 5028, Spartanburg, SC 29304, through your local fabric or craft store. **Shade and fabric for curtain**—Smith+Noble Window Treatments, for a catalog call 800/765-7776; www.smithandnoble.com.

**Page 26**: **fabric for curtain**—Robert Allen Fabric, through your local interior designer. **Shutters**—Smith+Noble Window Treatments, for a catalog call 800/765-7776; www.smithandnoble.com.

**Page 28**: **all items**—antique, discontinued, or a personal belonging.

**Pillowcase Embellishments**

**Page 32**: **polka-dot grosgrain ribbon**—Midori Ribbon; through your local fabric store; www.midori.com. **Rickrack**—Wrights Rick Rack; through your local fabric store.

**Page 34**: **rickrack**—Wright's Rick Rack, through your local fabric store. **½-inch satin ribbon**—Midori Ribbon, through your local fabric store; www.midori.com.

**Page 36**: **organdy ribbon and polka-dot grosgrain ribbon**—Midori Ribbon; through your local fabric store; www.midori.com.

**Page 39**: **plaid ribbon**—Midori Ribbon; through your local fabric store; www.midori.com.

3049 **All other trims**—local fabric or craft stores.

**Corner Offices**

**Page 42**: **candlestick lamps**, pewter with umber shade; **Colonial wood desk and chair**—Palecek; 800/274-7730; www.palacek.com. **Wooden chest**—Pier 1 Imports; 800/245-4595; www.pier1.com. **Computer**, iBook, 300 MHZ 64MB/6G/CD/ENET/56K/BB—Apple Computer, Inc.; 800/692-7753; www.apple.com.

**Page 46**: **computer**, iMac DV, 400MHZ 64MB/10GB/4DVD/MDM/SB—Apple Computer, Inc.; 800/692-7753; www.apple.com. **Corner desk and chair**—Ballard Designs; 800/367-2775.

**Page 48**: **computer**, Apple Studio Display 15.1" LCD, Power Mac G4 64MB/10G/DVD/56K—Apple Computer, Inc.; 800/692-7753; www.apple.com. **Armoire**, Palace—Urban Artifacts; 888/695-7893; www.urbanartifacts.net.

**Hardworking Pantries**

**Pages 52-54**: **custom ladder**—DAS Interiors, P.O. Box 30113, Escondido, CA 92030; 760/739-8988. **Pantry cabinetry**—Custom Laminate and Woodworking, 2025 Chicago Ave., Unit A10, Riverside, CA 92030; 909/275-9600. **Flooring/countertops**—Rock Solid Stone, 308 Industrial Way, Ste. B, Fallbrook, CA 92028; 760/731-6191. **Dishwasher**—Bosch, 5551 McFadden Ave., Huntington Beach, CA 92649; 800/866-2022; www.boschappliances.com. **Refrigerator**—Roper Appliances, Whirlpool Corp.; 800/447-6737; www.roperappliances.com. **Mixer**—KitchenAid; 800/422-1230; or visit their Web site at www.kitchenaid.com.

**Pages 56**: **custom pantry** (Maple)—California Closets, 18862 SW. Teton, Tualatin, OR 97008; 503/885-8211. **Food processor**—Cuisinart, 1 Cummings Point Rd., Stamford, CT 06904; 800/726-0190. **Meat slicer**—Krups North Amercia, Inc., 7 Reuten Dr., Closter NJ 07624; 800/526-5377. **Coffeemaker**—Braun U.S.; 800/272-8611; www.braun.com. **Strainer, oils, baskets, bicycle wine holder**—personal belongings. **Slow cooker**—The Rival Co., 800 E. 101st Terrace, Kansas City, MO 64131; 800/288-5588.

**Easy-Access Design**

**Page 64**: **oven**—Gaggenau USA Corp., 5551 McFadden Ave., Huntington Beach, CA 92649; 800/828-9165; www.gaggenau.com. **Undercounter refrigerator drawers**—Sub-Zero Freezer Co., Inc., 4717 Hammersley Rd., Madison, WI 53711; 800/222-7820; www.subzero.com. **Countertops**—DuPont Corian Customer Response Center, P.O. Box 80702, Barley Mill Plaza, Wilmington, DE 19880-0012; 800/426-7426; www.corian.com. **Cabinets**—Charles Cabinets, 5159 US 301 S. Four Oaks, NC 27524; 919/963-2181. **Baking dish**—Williams-Sonoma; 800/541-2233; or visit www.williams-sonoma.com. **Pots and pans**—All-Clad Metal Crafters, Inc., 424 Morganza Rd., Canonsburg, PA 15317; 800/255-2523. **Electric dustpan**—3C Systems, Ltd., 100 Dominion Dr., Ste. #200, Morrisville, NC 27560; 800/922-2843. **Low cooktop**—

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Barbie™ Style Sweepstakes

SWEEPSTAKES RULES: NO PURCHASE NECESSARY TO ENTER OR WIN. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. To enter, fill out your name, address and daytime phone number on the entry form or send the same information on a 3-1/2" x 5" postcard and mail it to: Barbie Sweeps 2, P.O. Box 36592, Des Moines, IA 50315-00314. Sponsors assume no responsibility for illegible, lost, late, misdirected, incomplete or stolen entries or mail. Entries become property of sponsors and will not be returned. Open to legal U.S. residents who are 18 years of age or older except employees of Meredith Corporation, Mattel, Inc., their agents, affiliates, subsidiaries and members of their immediate families or persons residing in the same household are not eligible. Winner will be notified by mail. Decisions of judges are final and binding in all respects. Entrants agree to be bound by the official rules. The awarding of any prize is contingent upon full compliance with the official rules. Entry constitutes permission to use winner's entry, name, hometown, voice, likeness, photograph and any statements regarding this sweepstakes for editorial, public relations, promotional and advertising purposes on behalf of sponsors without compensation unless prohibited by law. Winner will be required to complete an Affidavit of Eligibility and Liability/Publicity Release within ten (10) days of notification. Noncompliance with these rules or return of prize notification as undeliverable will result in disqualification and an alternate winner will be selected by random drawing from among all eligible entries. By participating and winning a prize, winner releases sponsors, their parents, affiliates, subsidiaries and agencies and their respective directors, officers, employees and agents from any and all liability with respect to the prize. No prize substitution, transfer or cash in lieu of prize, except at discretion of sponsors. Subject to all U.S. federal, state and local laws and regulations. Void where prohibited. Taxes on prize are the sole responsibility of winner. Sponsor and promoter: Meredith Corporation, 1716 Locust Street, Des Moines, Iowa 50309-3023. Sponsor: Mattel, Inc., 333 Continental Blvd., El Segundo, CA 90245-5012. First prize winner list, available after 11/1/01. Send a separate SASE to Barbie® Sweepstakes, BH&G, 1716 Locust St., LS253, Des Moines, IA 50309-3023.

**The above rules apply to both of the sweepstakes below**

**Style Sweeps**: Sweeps begins 8/14/01 and ends 10/15/01. Entries must be received by 10/15/01. One entry per person. On or about 10/22/01, a random drawing from among all eligible entries received will be conducted under the supervision of Meredith Corporation. **First Prize**: Makeover for mom consists of: A day of beauty, lunch and transportation for the day in winner's area. Day of beauty will include: Beauty treatments at a day spa and hair salon, a clothing consultation and wardrobe (4 outfits including tops, bottoms, shoes handbag and accessories) from a major department store and limousine transportation for the day. Makeover ARV/$4,900. Makeover for mom must be used by 8/31/02. Barbie outfit for daughter will include: Top and pants, Travel Tote, Nail & Toe kit, Backpack, and Pair of shoes. Barbie outfit ARV/$75.00. Odds of winning depend upon number of eligible entries received. Estimated circulation of this offer is 7.6 million.

**Home Make-Over $25,000 Sweeps**: Sweeps begins 7/10/01 and ends 1/31/02. Entries must be received 1/31/02. Eligible entries to the following Barbie Sweepstakes are automatically entered into this sweepstakes: Barbie Education, Barbie Style, Barbie Home Fashion, Barbie Girl Creations and Barbie Now We're Cooking. Entries limited to 5 per person in total. On or about 3/1/02 a random drawing from among all eligible entries received will be conducted under the supervision of Meredith Corporation. Grand prize consists of $25,000 cash for a home decorating makeover and a 2-hour consultation with a BH&G interior design expert and a Barbie book set: Backpack, Pillow, Art kit and Bake with me Oven. Expert will be selected by BH&G/ARV $2,000. Barbie products ARV/$75.00. Consultation must be used by 12/31/02. Odds of winning depend upon number of eligible entries received. Estimated circulation of this offer is 38 million over a five month period.

This sweepstakes may be offered in different creative executions. Barbie is a trademark owned by Mattel, Inc.

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# Nurses Wanted

Patients in need of a nurse's care may have to take their place in a growing line. A nursing shortage looms, the government warns.

In the last four years, the number of registered nurses (RNs) increased 5.4 percent—down from a 14 percent increase during the previous four years. The slowing increase will not meet the growing demand caused by an aging population. What's more, the nursing population is aging. Twenty years ago, 40 percent of RNs were younger than 35. Today, that number is only 18 percent.

The shortage has already hit in some areas. Mary Foley, president of the American Nurses Association, stresses that students and people desiring career change must be recruited to this "high tech/high touch profession."

Foley urges patients to be proactive. If you're having surgery, ask your physician about the level of staffing in intensive care or nursing units in your hospital, she says. Make sure you understand medications and treatments. If you can't be your own advocate, ask a family member or a friend to help.



# Be Aware of Dogs

Man's best friend may also be a young child's worst enemy. Each year, dogs bite 800,000 children. Kids often make innocent mistakes, such as pulling a dog's tail or invading its space, which spark attacks, says Lloyd Van Winkle, M.D., of the American Academy of Family Physicians.

Use these guidelines to teach your children how to interact with dogs.

- Stay away from unfamiliar dogs.
- Play with dogs only when a parent or other adult is watching.
- Don't bother a dog that is eating, sleeping, or caring for puppies.
- Be still when approached by a dog; don't run or scream.
- Let a dog sniff you before you pet it.
- If attacked, lie on your stomach with your hands over the back of your neck.
- Tell an adult right away about an attack or bite.

Half of dog bites involve family pets, so choose wisely when buying a dog.

**Safer dog breeds are boxer, cocker spaniel, Irish and English setters, and golden and Labrador retrievers.**

continued on page 236

# WHAT'S IT LIKE TO LOOK FORWARD TO THE FIRST FEW STEPS OF THE DAY?



## VIOXX IS HERE. 24-HOUR RELIEF FOR THE MOST COMMON TYPE OF ARTHRITIS PAIN, OSTEOARTHRITIS.

It isn't about winning a marathon. Or making you feel like a kid again. It's about controlling the pain that keeps you from doing everyday things. And VIOXX may help. VIOXX is a prescription medicine for osteoarthritis, the most common type of arthritis.

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You take VIOXX only once a day. Just one little pill can relieve your pain all day and all night for a full 24 hours.

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### TAKE WITH OR WITHOUT FOOD.

VIOXX doesn't need to be taken with food. So, you don't have to worry about scheduling VIOXX around meals.

### IMPORTANT INFORMATION ABOUT VIOXX.

In rare cases, serious stomach problems, such as bleeding, can occur without warning. People with allergic reactions, such as asthma, to aspirin or other arthritis medicines should not take VIOXX.

Tell your doctor if you have liver or kidney problems, or are pregnant. Also, VIOXX should not be used by women in late pregnancy.

VIOXX has been extensively studied in large clinical trials. Commonly reported side effects included upper respiratory infection, diarrhea, nausea and high blood pressure. Report any unusual symptoms to your doctor.

### ASK YOUR DOCTOR OR HEALTHCARE PROFESSIONAL ABOUT VIOXX.

Call 1-877-7MERCK7 for more information, or visit www.vioxx.com. Please see important additional information on the next page.

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**...nced "VI-ox")**
**...itis and Pain**
**Gen... ...oxib ("ro-fa-COX-ib")**

You should read this information before you start taking VIO... the leaflet each time you refill your prescription, in case any information has changed. This leaflet provides only a summary of certain information about VIOXX. Your doctor or pharmacist can give you an additional leaflet that is written for health professionals that contains more complete information. This leaflet does not take the place of careful discussions with your doctor. You and your doctor should discuss VIOXX when you start taking your medicine and at regular checkups.

**What is VIOXX?**

VIOXX is a nonsteroidal anti-inflammatory drug (NSAID) that is used to reduce pain and inflammation (swelling and soreness). VIOXX is available as a tablet or a liquid that you take by mouth.

VIOXX is a medicine for:
- relief of osteoarthritis (the arthritis caused by age-related "wear and tear" on bones and joints)
- management of acute pain in adults (like the short-term pain you can get after a dental or surgical operation)
- treatment of menstrual pain (pain during women's monthly periods).

**Who should not take VIOXX?**

Do not take VIOXX if you:
- have had an allergic reaction such as asthma attacks, hives, or swelling of the throat and face to aspirin or other NSAIDs (for example, ibuprofen and naproxen).
- have had an allergic reaction to rofecoxib, which is the active ingredient of VIOXX, or to any of its inactive ingredients. (See Inactive Ingredients at the end of this leaflet.)

**What should I tell my doctor before and during treatment with VIOXX?**

Tell your doctor if you are:
- pregnant or plan to become pregnant. VIOXX should not be used in late pregnancy because it may harm the fetus.
- breast-feeding or plan to breast-feed. It is not known whether VIOXX is passed through to human breast milk and what its effects could be on a nursing child.

Tell your doctor if you have:
- kidney disease
- liver disease
- heart failure
- high blood pressure
- had an allergic reaction to aspirin or other NSAIDs
- had a serious stomach problem in the past.

Tell your doctor about:
- any other medical problems or allergies you have now or have had.
- all medicines that you are taking or plan to take, even those you can get without a prescription.

Tell your doctor if you develop:
- ulcer or bleeding symptoms (for instance, stomach burning or black stools, which are signs of possible stomach bleeding).
- unexplained weight gain or swelling of the feet and/or legs.
- skin rash or allergic reactions. If you have a severe allergic reaction, get medical help right away.

**How should I take VIOXX?**

VIOXX should be taken once a day. Your doctor will decide what dose of VIOXX you should take and how long you should take it. You may take VIOXX with or without food.

**Can I take VIOXX with other medicines?**

Tell your doctor about all of the other medicines you are taking or plan to take while you are on VIOXX, even other medicines that you can get without a prescription. Your doctor may want to check that your medicines are working properly together if you are taking other medicines such as:
- methotrexate (a medicine used to suppress the immune system)
- warfarin (a blood thinner)
- rifampin (an antibiotic)
- ACE inhibitors (medicines used for high blood pressure and heart failure)
- lithium (a medicine used to treat a certain type of depression).

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**What are the possible side effects of VIOXX?**

Serious but rare side effects that have been reported in patients taking V... and/or related medicines have included:

- Serious stomach problems, such as stomach and intestinal bleeding... occur with or without warning symptoms. These problems, if se... could lead to hospitalization or death. Although this happens rarely... should watch for signs that you may have this serious side effect ar... your doctor right away.
- Serious allergic reactions including swelling of the face, lips, tor... and/or throat which may cause difficulty breathing or swallowing t... rarely but may require treatment right away. Severe skin reactions ... also been reported.
- Serious kidney problems occur rarely, including acute kidney fa... and worsening of chronic kidney failure.
- Severe liver problems, including hepatitis and jaundice, occur rar... patients taking NSAIDs, including VIOXX. Tell your doctor if yo... velop symptoms of liver problems. These include nausea, tiredn... itching, tenderness in the right upper abdomen, and flu-like sympto...

In addition, the following side effects have been reported: confusion, hair... hallucinations, low blood cell counts, unusual headache with stiff ... (aseptic meningitis).

More common, but less serious side effects reported with VIOXX ... included the following:

Upper and/or lower respiratory infection and/or inflammation
Headache
Dizziness
Diarrhea
Nausea and/or vomiting
Heartburn, stomach pain and upset
Swelling of the legs and/or feet
High blood pressure
Back pain
Tiredness
Urinary tract infection.

These side effects were reported in at least 2% of osteoarthritis pat... receiving daily doses of VIOXX 12.5 mg to 25 mg in clinical studies.

The side effects described above do not include all of the side effects rep... with VIOXX. Do not rely on this leaflet alone for information about side eff... Your doctor or pharmacist can discuss with you a more complete list of... effects. Any time you have a medical problem you think may be relat... VIOXX, talk to your doctor.

**What else can I do to help manage my osteoarthritis pain?**

Talk to your doctor about:
- Exercise
- Controlling your weight
- Hot and cold treatments
- Using support devices.

**What else should I know about VIOXX?**

This leaflet provides a summary of certain information about VIOXX. I... have any questions or concerns about VIOXX, osteoarthritis or pain, ta... your health professional. Your pharmacist can give you an additional le... that is written for health professionals.

Do not share VIOXX with anyone else; it was prescribed only for you. It sh... be taken only for the condition for which it was prescribed.

Keep VIOXX and all medicines out of the reach of children.

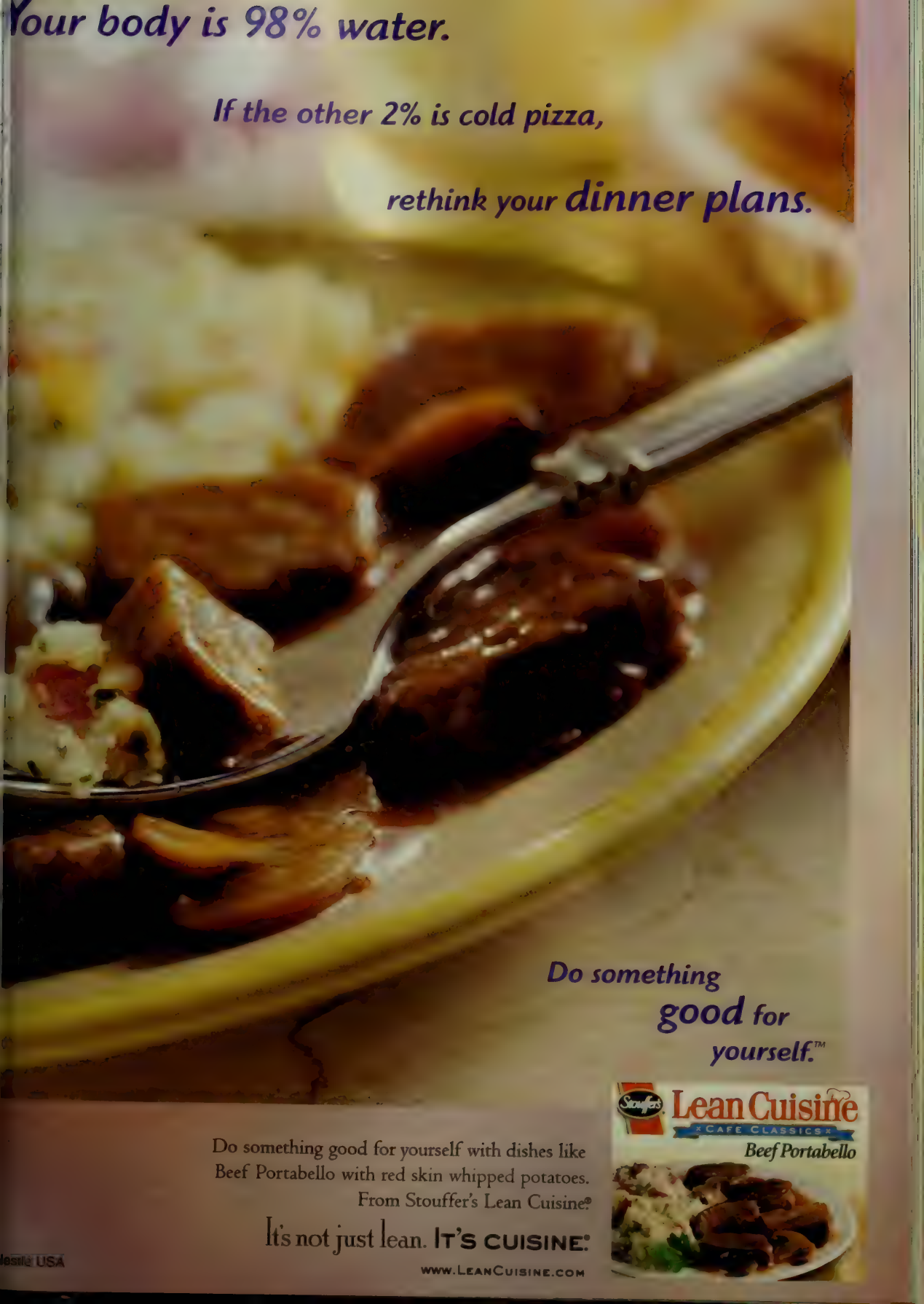
Inactive Ingredients:

Oral suspension: citric acid (monohydrate), sodium citrate (dihydrate), so... solution, strawberry flavor, xanthan gum, sodium methylparaben, so... propylparaben.

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 continued from page 232

The 1918 Spanish influ[illegible] epidemic killed more [illegible] 500,000 people in the U.S. [illegible] more than 21 million worldwide.

*—National Coalition for Adult Immunization*

## A Shot in the Arm for Adults

Immunizations aren't reserved just for children heading back to school—adults may also need to roll up their shirtsleeves. Thanks to immunizations, once rampant diseases are nearly extinct among children. On the other hand, more than 30,000 adults die each year from vaccine-preventable diseases.

Adults should always consult their family physicians about immunizations. In general, adults need to be vaccinated against the following:

**Chickenpox** Adults are 25 times more likely than children to die from chickenpox. Anyone who didn't get the disease as a child may need the vaccine.

**Hepatitis A** The most common vaccine-preventable disease in travelers is Hepatitis A. International travelers should ask their doctor about immunization at least one month before departure.

**Hepatitis B** Medical workers, people with multiple sexual partners, and young adults who weren't previously immunized may need a Hepatitis B vaccine.

**Influenza** People older than 50, the chronically ill, medical workers, college students living in dorms, and pregnant women may need a flu shot, which is usually given between September and December.

**Lyme disease** People between the ages of 15 and 70, especially those who live in northeastern United States or northwestern California, may need this vaccine.

**Measles, Mumps, and Rubella** Anyone born after 1956 who did not receive the MMR booster as a child—especially college students, medical workers, and international travelers—may need to be immunized.

**Pneumonia** People older than 65 and the chronically ill should receive the pneumococcal polysaccharide vaccine, which protects against strep and pneumonia.

**Tetanus** All adults should have a tetanus-diphtheria booster every 10 years.

For more information, speak to your doctor, call the National Immunization Information Hotline at 800/232-2522, or visit the Centers for Disease Control's National Immunization Program at www.cdc.gov/nip.



## Oh, That Aching Back! Ahhhh, Massage...

As if relaxation and pleasure weren't reason enough to indulge in a massage, now there's a medical excuse for this soothing treat. Massage may provide long-lasting benefits for people with chronic back pain.

A study in the *Archives of Internal Medicine* compared the effectiveness of massage, acupuncture, and instructions from self-care books for relieving lower back pain. Researchers divided 262 subjects, ages 20 to 70, into three groups, with each receiving a different type of treatment. After one year, the massage group used the least medications for their back pain and had the lowest costs of subsequent care.

Group Health Cooperative, an HMO, and the U.S. Agency for Healthcare Research and Quality co-funded the study.

"A lot of people thought massage was just a feel-good treatment," says Daniel Cherkin, the study's lead author. "Historically, it has been used in healing, but it has been abandoned over time."

Cherkin hopes his study will motivate more insurance companies to cover therapeutic massage.

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The jury is still out on fiber's role in staving off colon cancer, but studies clearly show that a high-fiber diet has other health benefits.

# Fiber is back in favor

by Bev Bennett

Knowing the answers to our pop quiz (*at right*) isn't enough. If you want to be a winner, you have to eat plenty of high-fiber foods too.

Despite what you may have heard or read recently, there is an abundance of evidence showing why dietary fiber is one of the most valuable substances you can include in your diet.

Fiber's role in heart health is well established. Other bonuses of a high fiber diet: It keeps your cholesterol levels in the normal range, reduces your risk of developing diabetes, and helps you lose weight. Eating a lot of fiber keeps you from developing constipation and possibly diverticulosis, an affliction of the colon that causes inflammation and pain. Reducing cholesterol and the risk of

continued on page 240




**ANSWERS:**

1) **Pear**, 4 g fiber (4 celery stalks, 2.7 g) 2) **Pretzel**, 2 g fiber (popcorn, 1.2 g) 3) **Noodles**, 2.4 g fiber (meat, 0 fiber) 4) **Apple** 3.7 g fiber (banana, 2.8 g)


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# Fiber Is Back in Fo

continued from page 238

heart disease are key reasons to boost your fiber intake.

"Fiber is the most practical dietary measure for lowering cholesterol," says Dr. James W. Anderson, professor of medicine and clinical nutrition at the University of Kentucky in Lexington. "Dietary fiber can lower cholesterol in the range of six to ten percent, which is twice what you get from dietary restrictions, if you have high cholesterol," Anderson says. Those dietary restrictions typically include limiting high-cholesterol foods.

The soluble form of fiber latches onto harmful cholesterol and bile acids—then pulls them along the digestive tract and out of your body. The higher your cholesterol, the greater the reduction you may experience.

### Impact on diabetes

A high-fiber diet also helps prevent and control diabetes. In a recent study at University of Texas Southwestern Medical Center in Dallas, a small group of diabetics ate fruits and vegetables tallying 50 grams of fiber a day. Their payoff was a 10 percent reduction of their glucose levels and a reduced risk of heart disease.

**Fiber Content of Food**

| FOOD | AMOUNT | FIBER |
|---|---|---|
| 100% bran cereal | ½ cup | 12 g |
| Beans, baked | ½ cup | 9.3 |
| Blackberries | ½ cup | 5.3 |
| Corn | ½ cup | 4.7 |
| Lentils, cooked | ½ cup | 3.7 |
| Whole grain bread | 1 slice | 2.1 |
| Lettuce | ½ cup | 0.8 |
| White bread | 1 slice | 0.7 |



Dietary fiber in the diabetics' meals may have increased the speed at which the food moved through their bodies, possibly reducing the glucose absorbed from the small intestine. The study participants also had drops in cholesterol.

"We're concerned (with cholesterol) because coronary heart disease is a primary killer among people with diabetes," says Dr. Abhimanyu Garg, professor of internal medicine at UT Southwestern and principal author of the study.

### How much is enough?

Most experts recommend consuming 20 to 35 grams of fiber a day. Children over age 2 should get enough fiber to equal their age plus 5 grams. A healthy day's menu for a 7-year-old would contain 12 grams of fiber.

If you're like the average American, who gets only about 15 grams of fiber a day, you should look for easy ways to get more. But don't be fooled into thinking that a fibrous texture means a food is high in fiber. Celery is stringy, but a stalk has only 0.7 grams fiber; a woody carrot by contrast has 2.2 grams. As for meat, you can chew and chew on a tough cut, but you'll never get fiber from an animal source. The chart (*below left*) offers some examples of the fiber content of food. Most packaged food products provide label information on fiber amounts per serving.

### Soluble and insoluble fiber

Plant foods contain two types of fiber: soluble, which dissolves in water; and insoluble, which doesn't. Both offer health benefits, and both are found in many grains, fruits, and vegetables.

If you consume 25 grams of fiber a day from fruits, vegetables, whole grains, and legumes, you'll get 6 to 10 grams of soluble fiber, which is within the range recommended for heart health.

### Fiber and colon cancer

As good as it is, dietary fiber is not the single solution to health problems. Fiber got a bad rap when two major reports showed that a high-fiber diet didn't offer protection against colon cancer, as once believed. In the Polyp Prevention Trial and the Wheat Bran Study, both funded by the National Cancer Institute (NCI), there was no evidence that fiber reduced the risk of developing colorectal polyps, the precursors to colorectal cancer.

"The jury is still out on fiber [on colon cancer prevention]," said Dr. Arthur Schatzkin, chief of the nutritional epidemiological branch of NCI. "We followed people for three or four years. You may need a longer period on a high-fiber diet. We are aware of other fiber studies showing a protective effect for colorectal cancer."

In the Polyp Prevention Trial, which Schatzkin headed, 2,079 people ate meals rich in vegetables, beans, legumes, and grains, but with only 20 percent of calories from fat.

"There are other [than colon cancer] reasons to eat a diet high in vegetables and grains," said Dr. Schatzkin.




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Two women, a generation apart, get the surprise of their lives: Heart woes are not for men only.

# without warning

## women & heart disease

by Irene Preston Dortch

Sixty-five-year-old Virginia, a retired psychologist in Birmingham, Alabama, awoke one morning with a heavy feeling. Walking up the stairs, she felt tightness in her chest. Two hours later, she was rushed to the hospital emergency room. Doctors asked whether she felt chest pain. No, she answered. Other than tightness across her chest, Virginia had none of the "classic" symptoms of a heart attack—no nausea, shortness of breath, or chest pain. But her heart muscle was starved for oxygen; she was on the verge of a heart attack.

EKGs, X rays, blood work, and other routine tests failed to clarify a diagnosis, and Virginia went home. She returned the next morning for an angiography. This procedure involves positioning a catheter (thin tube) in an artery and injecting it with dye that enables doctors to detect obstructions via X rays. Seventy-five percent of one major vessel was clogged, and the left anterior coronary artery, which supplies blood to the front of the heart, was 90 percent blocked by plaque, a waste product that builds up on the walls of vessels.

"I was shocked," Virginia says. "I thought I was doing everything right." An avid swimmer, Virginia followed a high-fiber diet of fruits and vegetables. Her family doctor followed her cholesterol and triglyceride levels, which were on the high end of normal. He approved of her fitness program and diet.

Like many women, Virginia feared cancer as the most obvious threat to her health. But she discovered she was afraid of the wrong disease.

Heart disease belies society's view that it is a man's problem. Coronary heart disease (CHD), which refers to damage to the heart muscle due to insufficient blood supply, is the top cause of death for American women; heart disease and stroke kill more than 500,000 yearly—more than the next 14 causes of death combined. But fewer than one in 10 women perceive heart disease as their leading health problem, according to an American Heart Association survey. Sixty-two percent of the women surveyed believe that cancer is their number-one health problem.

### Women and subtle warning signs

Women may experience symptoms for heart disease that are different from those often associated with

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men, such as crushing chest pain, according to recent research. Many women do not know about quiet warning signs that, if recognized, would spur them to seek help.

The unusual constellation of symptoms women exhibit during heart attack may prevent them from seeking treatment and doctors from recognizing the problem. "Chest pain is not the 'golden rule' of heart attacks," says John Canto, M.D., assistant professor of medicine at the University of Alabama at Birmingham (UAB). "We must educate both the public and physicians on the other features and symptoms of heart attacks. Some women experience only back pain, for instance." The following symptoms are warning signs:

- Pain localized to other areas of the body, such as the arm, shoulder, jaw, stomach, or back.
- Shortness of breath in the absence of pain.
- Nausea or passing out.

Such symptoms are more of a concern if they grow worse with exertion or exercise.

**Don't delay if you need help**

Patients who do not experience the early warning symptom of chest pain are twice as likely to die from a heart attack even when rushed to the hospital, according to a significant study in the *Journal of the American Medical Association*.

From 1994 to 1998, Canto and cardiology researchers from UAB and the University of California, San Francisco, followed the heart health of 400,000 men and women in the throes of heart attacks caused by reduced blood flow, irregular heartbeats, or deterioration of the heart muscle. The outcome of the study was disturbing. Heart attack patients who did not experience crushing chest pain were more likely to delay going to the hospital—by an average of 2½ hours. Since these patients did not [illegible] report symptoms, the doctors were less likely to diagnose heart attack. As a result, the patients were less likely to receive lifesaving therapies, such as clot-busting drugs, which can cut the chance of death by one-fourth if given soon enough between first symptoms and arrival at the hospital.

**Avoiding open-heart surgery**

Just 10 years ago, Virginia would have been a certain candidate for open-heart surgery to clear her clogged arteries. Today, heart specialists are more likely to use tiny probes to cut, burn, or simply push waxy plaque out of the way, widening the artery to improve blood flow.

Interventional cardiologists help patients avoid major surgery with angioplasty. They guide a catheter through the aorta from the groin to the point where the blood vessel narrows. A tiny deflated balloon, resting on the catheter tip, is repeatedly inflated inside the vessel to push aside offending plaque.

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**A YOUNGER WOMAN'S DISEASE**

Risk factors, including obesity and smoking, are a growing problem among young Americans, reports the Centers for Disease Control and Prevention. And heart-related deaths have risen faster for young women than for their male counterparts.

Thirty-six-year-old Dawn, who lives in western Georgia, had a 20-year, 1½-pack-a-day cigarette habit—until a trip to the emergency room last April. She reported severe aches in her right shoulder, with radiating pain to her neck. Despite her family history of smoking and coronary artery disease, physicians diagnosed shingles, a complication of the chickenpox virus that can appear in middle age. They sent Dawn home with pain pills and a referral to her primary care physician.

Later that day, she experienced recurrent bouts of pain to her shoulders and neck, along with profuse sweating, nausea, and shortness of breath. She was rushed to the emergency room, where doctors confirmed she had suffered a heart attack because of a clot. They gave her "clot-busting" drugs, which dissolved the clot. But after her transfer to a large teaching hospital, doctors treated a second blockage with a balloon angioplasty and a stent.

Dawn had no significant damage to her heart. Today she is tobacco free, exercises, and adheres to the American Heart Association's low-fat diet. She takes medication to lower cholesterol, and aspirin to thin her blood.

What's the best way to avoid heart disease? Don't smoke! Female smokers have two to four times greater risk of heart attack than female nonsmokers. Women who smoke and use birth control pills have a higher risk of heart attack and stroke.

Female smokers have a two to four times greater risk of heart attack than female non-smokers

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isil Tablets are not recommended for people with chronic or e liver disease, so your doctor may perform tests prior to nning therapy. In rare instances, serious effects on the liver serious skin reactions were reported. In clinical studies Lamisil Tablets, the most commonly reported side effects ıded headache, symptoms of stomach upset and rash. ever, Lamisil Tablets are well tolerated by most people.

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*(terbinafine hydrochloride tablets)*

**Tablets**

**Rx only**

**BRIEF SUMMARY: Please see package insert for full prescribing information.**

**INDICATIONS AND USAGE**

LAMISIL® (terbinafine hydrochloride tablets) Tablets are indicated [illegible] chomycosis of the toenail or fingernail due to dermatophytes (tin[illegible]AGE *AND ADMINISTRATION and CLINICAL STUDIES in the full prescribing information).*

Prior to initiating treatment, appropriate nail specimens for laboratory testing [illegible] preparation, fungal culture, or nail biopsy) should be obtained to confirm the diagnosis of onychomycosis.

**CONTRAINDICATIONS**

LAMISIL® (terbinafine hydrochloride tablets) Tablets are contraindicated in individuals with hypersensitivity to terbinafine or to any other ingredients of the formulation.

**WARNINGS**

Rare cases of liver failure, some leading to death or liver transplant, have occurred with the use of LAMISIL® Tablets for the treatment of onychomycosis in individuals with and without pre-existing liver disease.

In the majority of liver cases reported in association with LAMISIL® use, the patients had serious underlying systemic conditions and an uncertain causal association with LAMISIL®. The severity of heptic events and/or their outcome may be worse in patients with active or chronic liver disease *(see PRECAUTIONS).* Treatment with LAMISIL® Tablets should be discontinued if biochemical or clinical evidence of liver injury develops *(see PRECAUTIONS below).* There have been isolated reports of serious skin reactions (e.g., Stevens-Johnson Syndrome and toxic epidermal necrolysis). If progressive skin rash occurs, treatment with LAMISIL® should be discontinued.

**PRECAUTIONS**

**General**

LAMISIL® is not recommended for patients with chronic or active liver disease. Before prescribing LAMISIL® Tablets, pre-existing liver disease should be assessed. Hepatotoxicity may occur in patients with and without pre-existing liver disease. Pretreatment serum transaminase (ALT and AST) tests are advised for all patients before taking LAMISIL® Tablets. Patients prescribed LAMISIL® (terbinafine hydrochloride tablets) Tablets should be warned to report immediately to their physician any symptoms of persistent nausea, anorexia, fatigue, vomiting, right upper abdominal pain or jaundice, dark urine or pale stools *(see WARNINGS).* Patients with these symptoms should discontinue taking oral terbinafine, and the patient's liver function should be immediately evaluated.

In patients with renal impairment (creatinine clearance ≤ 50 mL/ min), the use of LAMISIL® has not been adequately studied, and therefore, is not recommended *(see CLINICAL PHARMACOLOGY, Pharmacokinetics in the full prescribing information).*

Changes in the ocular lens and retina have been reported following the use of LAMISIL® (terbinafine hydrochloride tablets) Tablets in controlled trials. The clinical significance of these changes is unknown.

Transient decreases in absolute lymphocyte counts (ALC) have been observed in controlled clinical trials. In placebo-controlled trials, 8/465 LAMISIL®-treated patients (1.7%) and 3/137 placebo-treated patients (2.2%) had decreases in ALC to below 1000/mm$^3$ on two or more occasions. The clinical significance of this observation is unknown. However, in patients with known or suspected immunodeficiency, physicians should consider monitoring complete blood counts in individuals using LAMISIL® therapy for greater than six weeks.

Isolated cases of severe neutropenia have been reported. These were reversible upon discontinuation of LAMISIL®, with or without supportive therapy. If clinical signs and symptoms suggestive of secondary infection occur, a complete blood count should be obtained. If the neutrophil count is ≤ 1,000 cells/mm$^3$, LAMISIL® should be discontinued and supportive management started.

**Drug Interactions**

*In vitro* studies with human liver microsomes showed that terbinafine does not inhibit the metabolism of tolbutamide, ethinylestradiol, ethoxycoumarin, and cyclosporine. *In vitro* studies have also shown that terbinafine inhibits CYP2D6-mediated metabolism. This may be of clinical relevance for compounds predominantly metabolized by this enzyme, such as tricyclic antidepressants, ß-blockers, selective serotonin reuptake inhibitors (SSRIs), and monoamine oxidase inhibitors (MAO-Is) Type B, if they have a narrow therapeutic window.

*In vivo* drug-drug interaction studies conducted in normal volunteer subjects showed that terbinafine does not affect the clearance of antipyrine or digoxin. Terbinafine decreases the clearance of caffeine by 19%. Terbinafine increases the clearance of cyclosporine by 15%.

There have been spontaneous reports of increase or decrease in prothrombin times in patients concomitantly taking oral terbinafine and warfarin, however, a causal relationship between LAMISIL® Tablets and these changes has not been established.

Terbinafine clearance is increased 100% by rifampin, a CyP450 enzyme inducer, and decreased 33% by cimetidine, a CyP450 enzyme inhibitor. Terbinafine clearance is unaffected by cyclosporine.

There is no information available from adequate drug-drug interaction studies with the following classes of drugs: oral contraceptives, hormone replacement therapies, hypoglycemics, theophyllines, phenytoins, thiazide diuretics, beta blockers, and calcium channel blockers.

**Carcinogenesis, Mutagenesis, Impairment of Fertility**

In a 28-month oral carcinogenicity study in rats, an increase in the incidence of liver tumors was observed in males at the highest dose tested, 69 mg/kg/day [2x the Maximum Recommended Human Dose (MRHD) based on AUC comparisons of the parent terbinafine]; however, even though dose-limiting toxicity was not achieved at the highest tested dose, higher doses were not tested.

The results of a variety of *in vitro* (mutations in *E. coli* and *S. typhimurium*, DNA repair in rat hepatocytes, mutagenicity in Chinese hamster fibroblasts, chromosome aberration and sister chromatid exchanges in Chinese hamster lung cells), and *in vivo* (chromosome aberration in Chinese hamsters, micronucleus test in mice) genotoxicity tests gave no evidence of a mutagenic or clastogenic potential. Oral reproduction studies in rats at doses up to 300 mg/kg/day (approximately 12x the MRHD based on body surface area comparisons, BSA) did not reveal any specific effects on fertility or other reproductive parameters. Intravaginal application of terbinafine hydrochloride at 150 mg/day in pregnant rabbits did not increase the incidence of abortions or premature deliveries nor affect fetal parameters.

**Pregnancy**

***Pregnancy Category B:*** Oral reproduction studies have been performed in rabbits and rats at doses up to 300 mg/kg/day (12x to 23x the MRHD, in rabbits and rats, respectively, based on BSA) and have revealed no evidence of impaired fertility or harm to the fetus due to terbinafine. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, and because treatment of onychomycosis can be postponed until after pregnancy is completed, it is recommended that LAMISIL® not be initiated during pregnancy.

**Nursing Mothers**

After oral administration, terbinafine is present in breast milk of nursing mothers. The ratio of terbinafine in milk to plasma is 7:1. Treatment with LAMISIL® is not recommended in nursing mothers.

**Pediatric Use**

The safety and efficacy of LAMISIL® have not been established in pediatric patients.

**ADVERSE REACTIONS**

The most frequently reported adverse events observed in the three US/Canadian placebo-controlled trials are listed in the table below. The adverse events reported encompass gastrointestinal symptoms (including diarrhea, dyspepsia, and abdominal pain), liver test abnormalities, rashes, urticaria, pruritus, and taste disturbances. In general, the adverse events were mild, transient, and did not lead to discontinuation from study participation.

| | Adverse Event | | Discontinuation | |
|---|---|---|---|---|
| | LAMISIL® (%) n=465 | Placebo (%) n=137 | LAMISIL® (%) n=465 | Placebo (%) n=137 |
| Headache | 12.9 | 9.5 | 0.2 | 0.0 |
| Gastrointestinal Symptoms: | | | | |
| Diarrhea | 5.6 | 2.9 | 0.6 | 0.0 |
| Dyspepsia | 4.3 | 2.9 | 0.4 | 0.0 |
| Abdominal Pain | 2.4 | 1.5 | 0.4 | 0.0 |
| Nausea | 2.6 | 2.9 | 0.2 | 0.0 |
| Flatulence | 2.2 | 2.2 | 0.0 | 0.0 |
| Dermatological Symptoms: | | | | |
| Rash | 5.6 | 2.2 | 0.9 | 0.7 |
| Pruritus | 2.8 | 1.5 | 0.2 | 0.0 |
| Urticaria | 1.1 | 0.0 | 0.0 | 0.0 |
| Liver Enzyme Abnormalities* | 3.3 | 1.4 | 0.2 | 0.0 |
| Taste Disturbance | 2.8 | 0.7 | 0.2 | 0.0 |
| Visual Disturbance | 1.1 | 1.5 | 0.9 | 0.0 |

* Liver enzyme abnormalities ≥ 2x the upper limit of the normal range.

Rare adverse events, based on worldwide experience with LAMISIL® (terbinafine hydrochloride tablets) Tablets use, include: idiosyncratic and symptomatic hepatic injury and more rarely, cases of liver failure, some leading to death or liver transplant, *(see WARNINGS and PRECAUTIONS),* serious skin reactions *(see WARNINGS),* severe neutropenia *(see PRECAUTIONS),* thrombocytopenia and allergic reactions (including anaphylaxis). Uncommonly, LAMISIL® may cause taste disturbance (including taste loss) which usually recovers within several weeks after discontinuation of the drug. There have been isolated reports of prolonged (greater than one year) taste disturbance. Rarely, taste disturbances associated with oral terbinafine have been reported to be severe enough to result in decreased food intake leading to significant and unwanted weight loss.

Other adverse reactions which have been reported include malaise, fatigue, vomiting, arthralgia, myalgia, and hair loss.

Clinical adverse effects reported spontaneously since the drug was marketed include altered prothrombin time (prolongation and reduction) in patients concomitantly treated with warfarin and LAMISIL® (terbinafine hydrochloride tablets) Tablets and agranulocytosis (rare).

Store tablets below 25°C (77°F); in a tight container. Protect from light.

**ANIMAL TOXICOLOGY**

A wide range of *in vivo* studies in mice, rats, dogs, and monkeys, and *in vitro* studies using rat, monkey, and human hepatocytes suggest that peroxisome proliferation in the liver is a rat-specific finding. However, other effects, including increased liver weights and APTT, occurred in dogs and monkeys at doses giving Css trough levels of the parent terbinafine 2-3x those seen in humans at the MRHD. Higher doses were not tested.

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To increase chances that the artery will stay open, doctors often permanently insert a tiny support structure called a stent—a wire mesh coil that looks like a ballpoint-pen spring. Stents prop open arteries, helping to ensure blood flow over the long term.

Stents are becoming a major alternative to open-heart bypass surgery, in which doctors use artery or vein grafts to reroute blood away from blocked vessels to the heart. In addition to sparing many patients the pain of a major surgery, stents hasten their recovery time and mitigate postoperative depression, memory loss, and confusion.

After her catheterization, immediate clearance with a balloon, and placement of a stent, Virginia spent the night in the hospital's coronary care unit, where her blood pressure and other vital signs were closely monitored. She also received drugs designed to slow the heart rate, reducing its oxygen needs.

Virginia began taking cholesterol-lowering drugs and a drug to reduce arterial stiffness and lower blood pressure. She joined a cardiac fitness group, receiving instruction in nutrition and exercise tailored to her specific needs. Doctors put the chance of a future blockage at 20 percent.

Stents spare patients the pain and recovery time of open-heart bypass surgery.



**Older than 55? Take note**

Three months after her stent was placed, Virginia felt a sudden "tightening" in her chest. Walking near her home in the mild spring air, she was neither nauseated nor in severe pain, but felt a now-familiar discomfort.

Virginia popped a nitroglycerin tablet under her tongue to reduce the coronary artery spasm associated with a heart attack and waited five minutes, as her cardiologist had prescribed. The tightness remained, so after another five minutes, Virginia took a second pill. She went home and chewed an aspirin to help thin her blood and prevent clots while her husband called an ambulance. If Virginia had not acted immediately, chances are she would have suffered a heart attack because of a reclogged artery.

Virginia's action is a key lesson. If you're older than 55 years old and experience these symptoms, chew an aspirin and call 911:

• Chest pain or discomfort in the chest, neck, arm, or upper abdomen that is exacerbated by exertion and lasts 15 or more minutes after rest.

• Sudden bouts of breathlessness or short ness of breath, especially during exertion an continuing after 15 minutes of rest.

**Zapping reclogged arteries**

Virginia and other patients are benefittin from an explosion of proven new therapie and techniques, including surgical option For instance, when stents like Virginia reclog—which happens in 10 to 40 percent o the nation's 760,000 angioplasty patients— low-dose radiation (or even diluted ethyl alco hol) can be shot into the injured artery area t remove tissue and to discourage more scarring

Medicine now coats stents. Some of th most promising stents are soaked in th heparin, a blood thinner derived from substance found in blood-sucking leeches. I prevents blood clots before they even start.

Scientists are working diligently to improv therapies and treatment options that will hel more patients avoid undergoing coronar bypass surgery. But low-tech remedies—eatin right, exercising, not smoking, and controllin blood pressure and blood sugar with diet an medication, if necessary—are possible fo everyone.

Virginia took a few days off from physica activity to recover. "Now I'm exercising agai and faithfully sticking to my low-fat diet," sh says. Her future looks good.

**RECOGNIZE RISK FACTORS**

You can't alter all risk factors, but you can make lifestyle changes, such as exercise and diet, under your doctor's supervision.

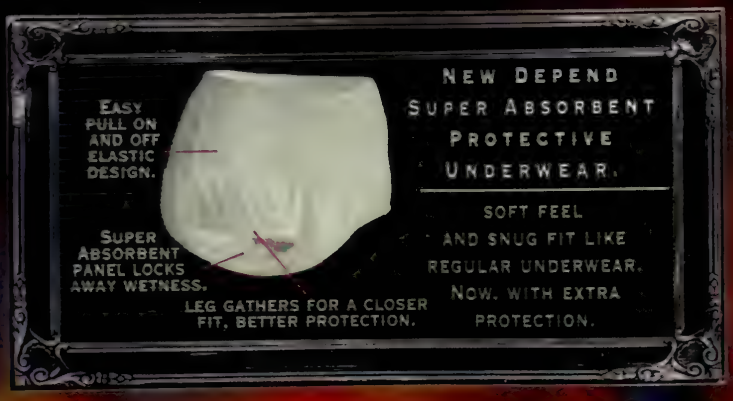
- Age may increase risk if you're a man who is older than 45 or a woman who is older than 55 or has passed menopause.
- Family history may increase risk if your father or brother had a heart attack before age 55 or your mother or sister had one before age 65.
- Previous heart disease or stroke.
- Smoking or if you live or work with people who smoke.
- Elevated total cholesterol and low HDL cholesterol levels.
- High blood pressure, which increases stroke risk.
- Physical inactivity and excess body fat, especially around the middle and waist.
- Diabetes, which increases stroke risk.

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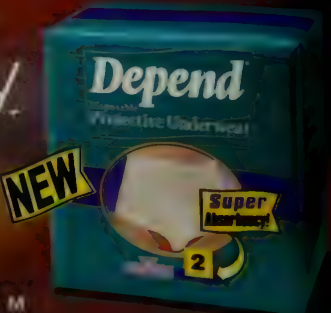





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by Richard Sowienski

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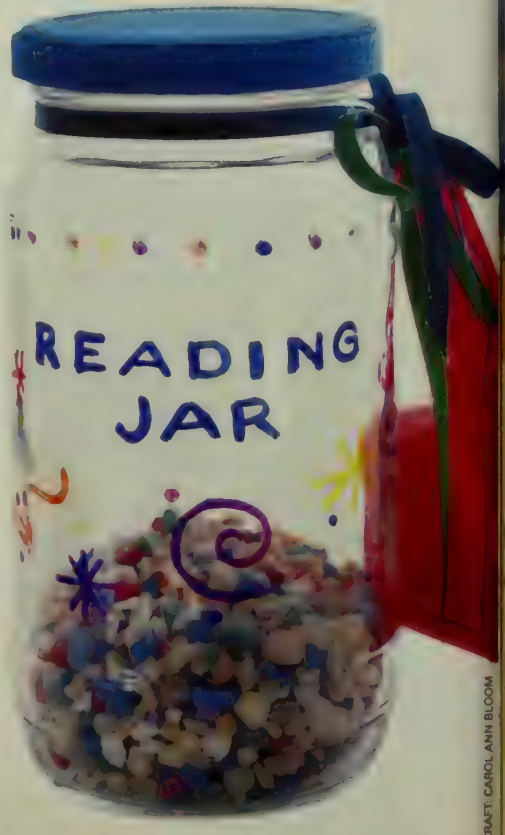



## Get the Scoop

**What you need:** Large, clear jar with lid ▪ Permanent markers ▪ Felt ▪ Ribbon, string, or yarn ▪ Small scoop ▪ Aquarium stones, dried beans, oatmeal, sand, or pebbles

Keep track of books you read in school or at home with a Reading Jar. Each time you complete a book, add a scoop of pebbles, beans, or other items. As the jar fills, you'll see how much reading you've done. When the jar is full, reward yourself. Now, empty the jar and start reading your way to another reward. 1. Use permanent markers to decorate a jar. Write the words and draw designs on a plain piece of white paper first. Then place the paper in the jar and use it as a guide to decorate the outside of the jar. 2. Trace the lid on a piece of felt. Cut out the felt circle and glue it on top of the lid. 3. Tie a ribbon, string, or yarn around the outer rim of the jar. Tie a small scoop on the ribbon.

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CRAFT: CAROL ANN BLOOM




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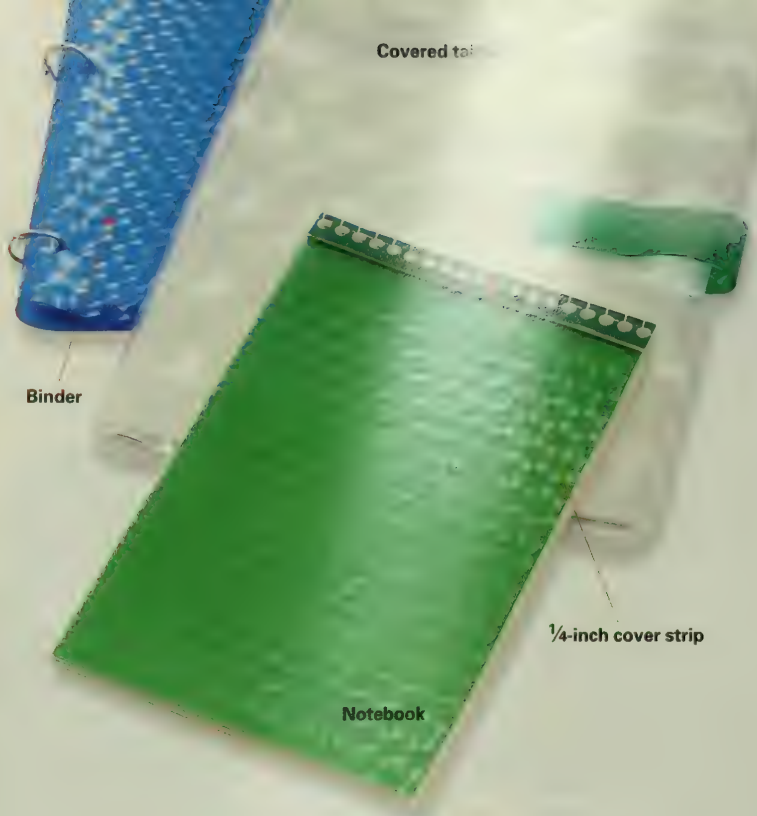



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## Shelf Liner Book Covers

**What you need:** Grid shelf liner ■ Cord or string

1. Measure the length of shelf liner you'll need by wrapping the liner around the outside of the book and adding 4 inches. Allow ¼ inch of liner to extend beyond the top and bottom of the book. 2. Center book on the liner and fold an extra 2 inches each under of the front and back book covers. 3. To hold the folded flaps in place, weave the plastic cord or string through the holes of the grid shelf liner (see photo, *below*).




## Place Mat Pads

**What you need for the notebook:** Spiral notebook ■ Plastic place mat ■ Double-sided mounting tape

1. Cut the cover off the front of the spiral notebook, leaving ¼ inch of the cover attached to the wire spiral (see photo, *left*). 2. Trace the cut cover onto the place mat, adding ¼ inch to the top end. 3. Apply one side of mounting tape along the inside top of the ¼-inch cover strip. Remove the tape's paper backing and attach the place mat to the tape.

**What you need for the covered tablet:** 8½×11-inch tablet ■ 18×12-inch plastic place mat and scraps ■ Double-sided mounting tape ■ Adhesive hook-and-loop fastener spots ■ Stapler

1. Fold the place mat in half. Use the mounting tape to secure the back of the tablet to the inside back cover. 2. Cut a 1×5-inch strip of place mat to use as a fastening strip. Staple one end of the strip to the place mat's back cover. 3. Stick the male loop fastener spot to the end of the strip and the female loop fastener spot to the notebook front.

**What you need for the binder:** 18×12-inch plastic place mat ■ Loose-leaf paper ■ 3 clasps ■ Paper punch

1. Fold place mat in half. Place paper inside. 2. With a pencil point, make an indentation in the place mat to line up with the holes in the paper. 3. Remove the paper and punch holes through both layers of place mat. Replace paper, and thread clasps though the place mat cover and paper.

continued on page 256


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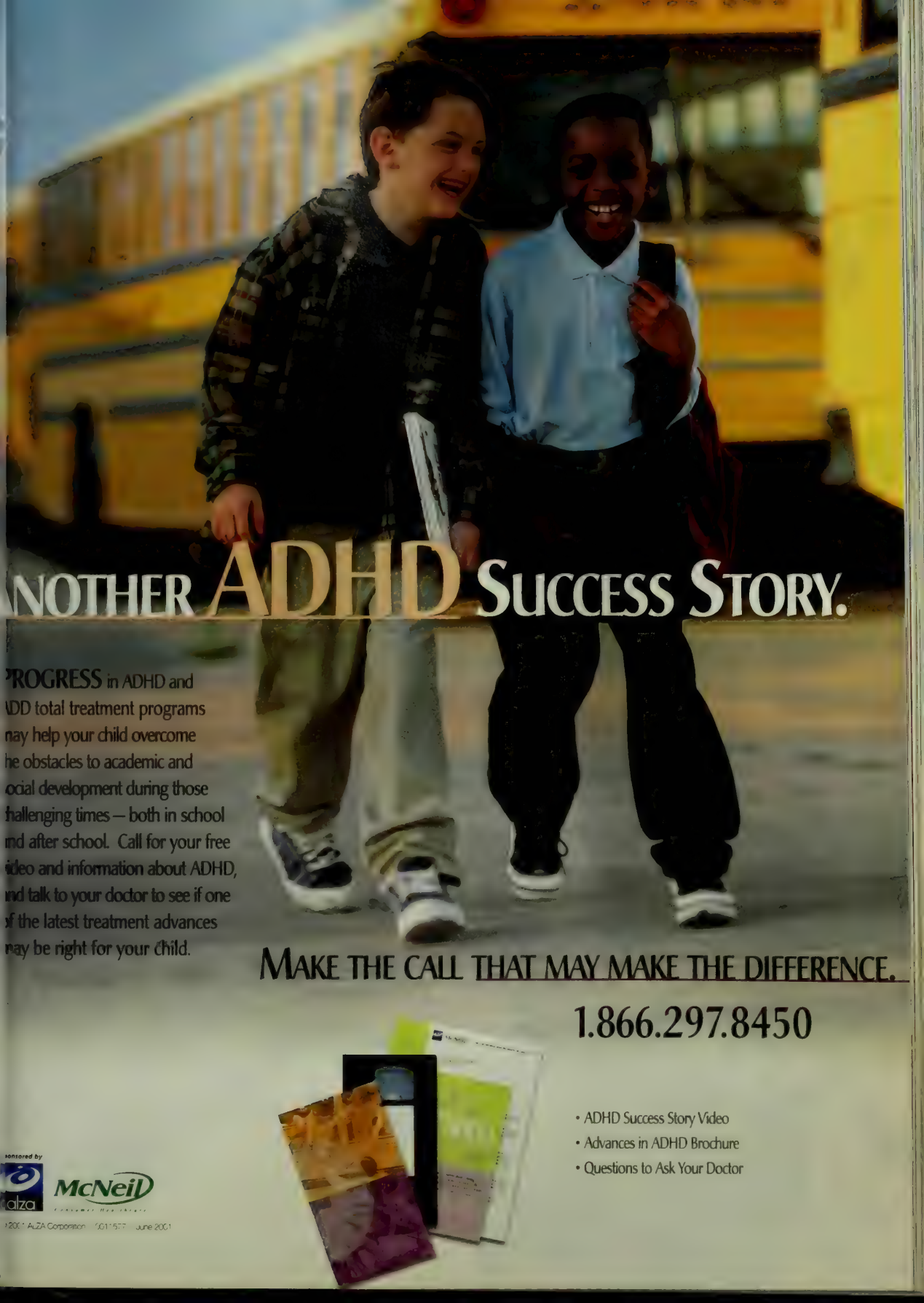


## Carry-Along Journal

**What you need:** 8½×11-inch paper ■ Paper punch ■ Yarn or thin ribbon ■ Paper towel tube ■ Construction paper ■ Glue or tape ■ Chenille stem

1. Punch a hole in the upper left-hand corner of 10 sheets of paper. Loop six 8-inch pieces of yarn or thin ribbon through the holes. Tie the yarn in a knot to keep the pages together. 2. Decorate a piece of 8½×11-inch construction paper with cutout paper shapes. Attach the paper to the tube with glue or tape. 3. Place two holes, about 1 inch apart, at the end of the tube. Put a long chenille stem through the holes and loosely wrap the stem around the tube. Lay a pen along the tube, under the chenille stem. Tighten the chenille stem by twisting the ends. This will hold the pen in place. 4. Roll up the journal with the yarn tassel and slide it into the tube. Let the tassel hang from the end of the tube.

continued on page 258


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continued from page 256

## Oompah Stick

**What you need:** 36-inch broomstick or dowel rod with ¾- to 1-inch diameter ■ Colored duct tape ■ Thin and thick rubber bands ■ Assorted wide ribbons ■ Assorted noisemakers

1. Wrap broomstick or large dowel rod with colorful duct tape. 2. Gather assortment of noisemakers. Items could include bells, small aluminum pie pans, keys, a set of measuring spoons, strings of beads, wooden spools, bike horn, and film canisters half-full of beans or pebbles. Group like items and tie them together with thin rubber bands that have been cut open. (Pieces of elastic can also be used.) Wrap large, sturdy rubber bands around the stick, moving them to various positions spaced several inches apart. 3. To attach the noisemakers, pull out a section of a large rubber band and tie the smaller rubber band (holding the noisemakers ) to it. 4. Tie ribbons to the stick. Play the Oompah Stick by shaking or thumping it on the floor.

continued on page 260

## Everyone loves Dr. Gavioli's recipe for pi.



Carefully combine pi poster contests, pi history, pi word problems, and pi jokes. Then top it all off with a pie-eating contest. That's how Dr. Mary Ann Gavioli spices up a math topic that could otherwise be dry and bland.

But Dr. Gavioli's class isn't all fun and games; her students often score in the top percentiles in math contests at the state and national level.

For cooking up innovative approaches to teaching math, State Farm is pleased to present Dr. Mary Ann Gavioli with our Good Neighbor Teacher Award™ and to donate $10,000 to Clarkstown High School South in West Nyack, New York.

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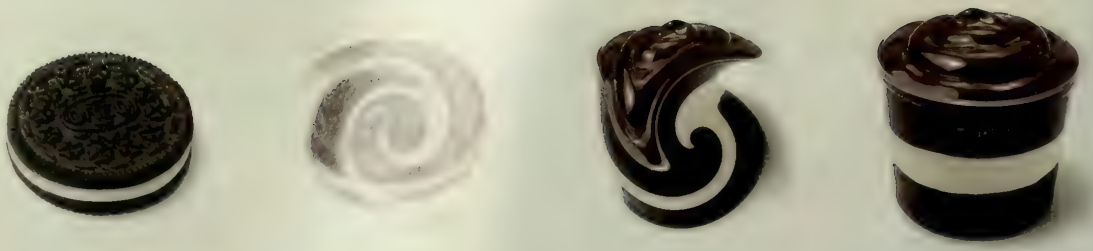
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The Good Neighbor Teacher Award was developed in cooperation with the National Council of Teachers of Mathematics.



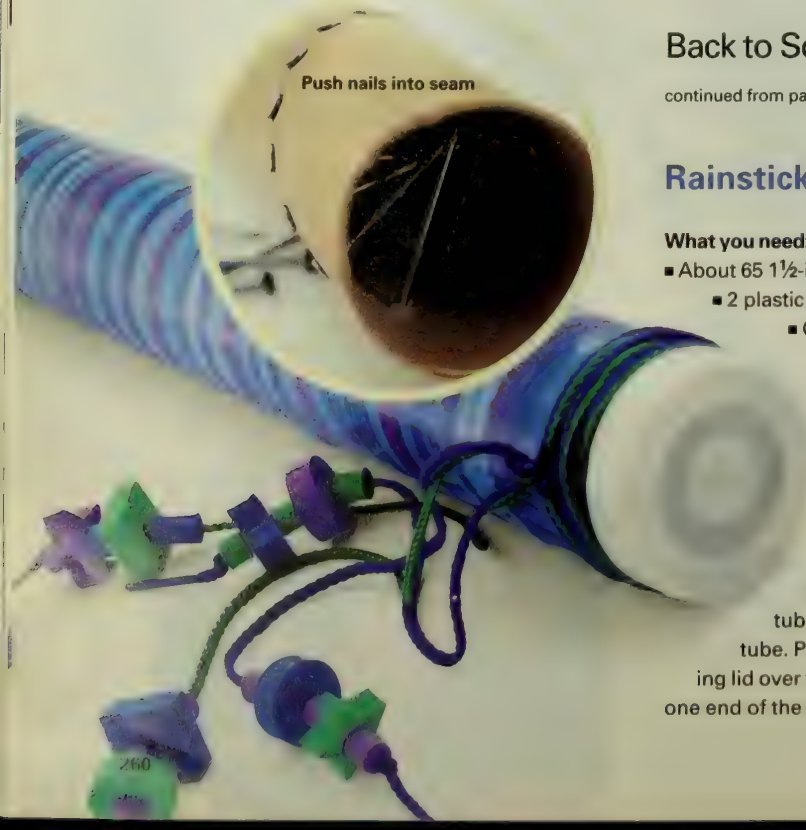


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## Back to School

continued from page 258

### Rainstick

**What you need:** Cardboard tube (about the size of gift wrap) ■ About 65 1½-inch nails ■ Masking tape ■ Wrapping paper ■ 2 plastic lids that fit in the tube ends ■ ⅔ cup of rice ■ Glue stick ■ Laces and beads

1. Along the length of the tube, carefully push nails about ½ inch apart into the seam (see detail photo, *left*). 2. Wrap a strip of masking tape over the nail heads. 3. Cut a strip of wrapping paper wide enough to cover the tube. Cover the wrong side of the paper with a glue stick and then wrap the paper around the tube. 4. Glue a plastic lid over one end of the tube. Pour rice into the tube and glue the remaining lid over the other end. 5. Wrap and tie laces around one end of the tube. Thread the laces with beads.



## Paper Bag Maracas

**What you need**: Paper bags ■ Scrap paper, markers, or stickers ■ Dried beans, beads, or buttons ■ Ribbon or yarn

1. Decorate paper bags with paper shapes. Attach with glue. As an option, use some markers or stickers to decorate bags. 2. Fill the bags about one-third full of dried beans, buttons, or beads. 3. Bunch the bags' tops together and tie tightly with yarn or ribbon. You're ready to shake in time to your favorite music.

continued on page 262



f course your kids will still need you.
Who else is going to wash the dish?




al pasta. Real sauce. Real fast.

continued from page 261

## Milk Rainbow

**What you need:** 2% milk ■ Saucer ■ Food coloring ■ Liquid dish detergent

1. Pour enough 2% milk into a saucer to cover the bottom. 2. Add 4 to 8 drops of different colors of food coloring to the milk, placing the drops on separate areas of the milk. Nothing happens yet. 3. Add 1 drop of dish detergent. Watch as the food coloring swirls and mixes. Why? The oily fat molecules in the milk won't combine with the watery food coloring. When the detergent is added, the oily molecules break up, and the food coloring can move and spread.



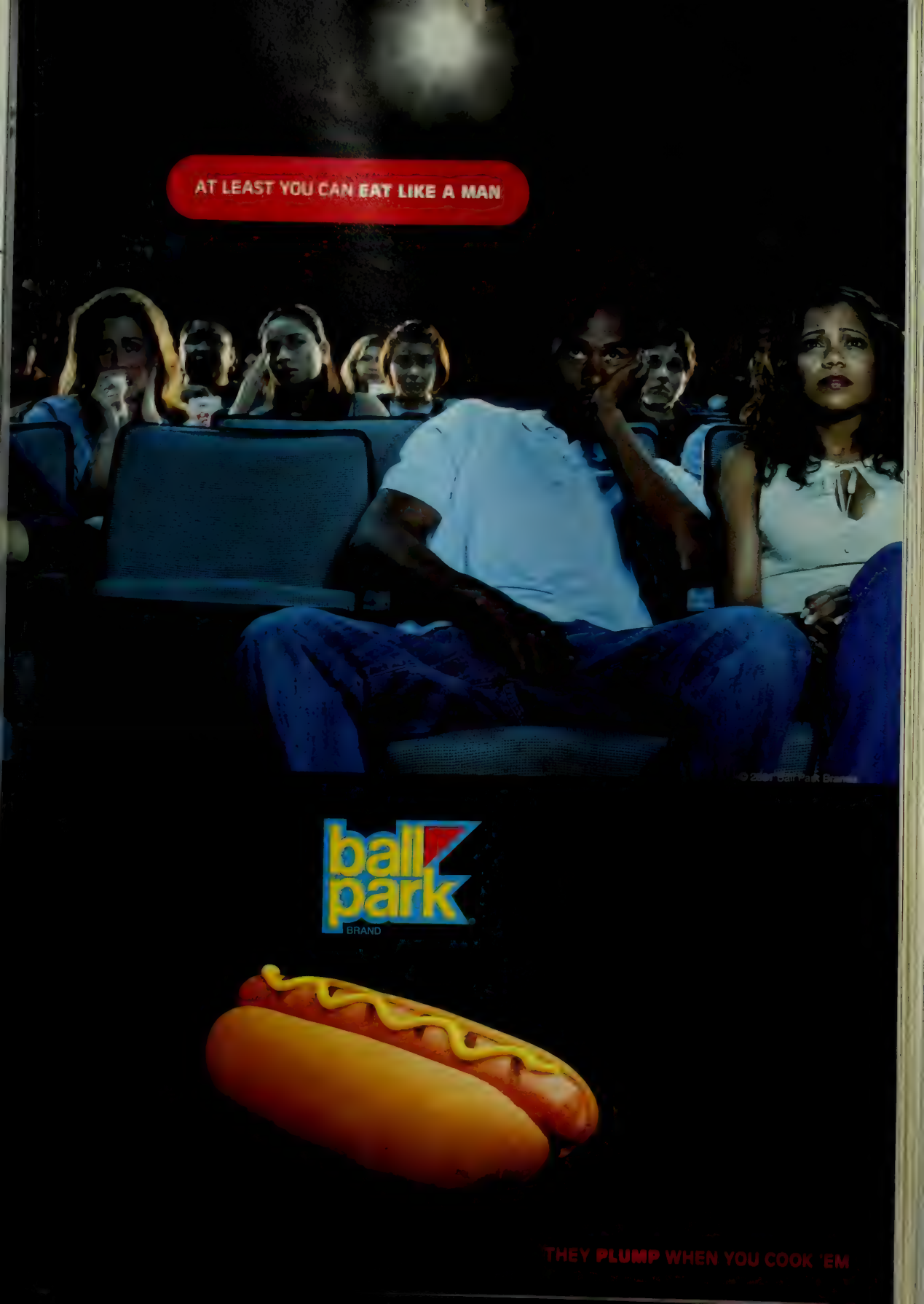
## NASA Rocket

**What you need:** Film canister ■ Stickers ■ Effervescing antacid tablet ■ $H_20$

Kids, use protective eye wear; get the help of an adult. 1. Decorate the canister with stickers. 2. Remove the lid. Place ½ tablet in the canister. Fill one-third of the canister with water. 3. Reseal the canister and quickly put the canister—lid down—on the ground. And blast off! How? Gas forms in the canister. The lid blows off and the rocket travels upward with a force equal to the downward force of the water, gas, and lid—a demonstration of Newton's Laws of Motion.

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Buying information, page 281

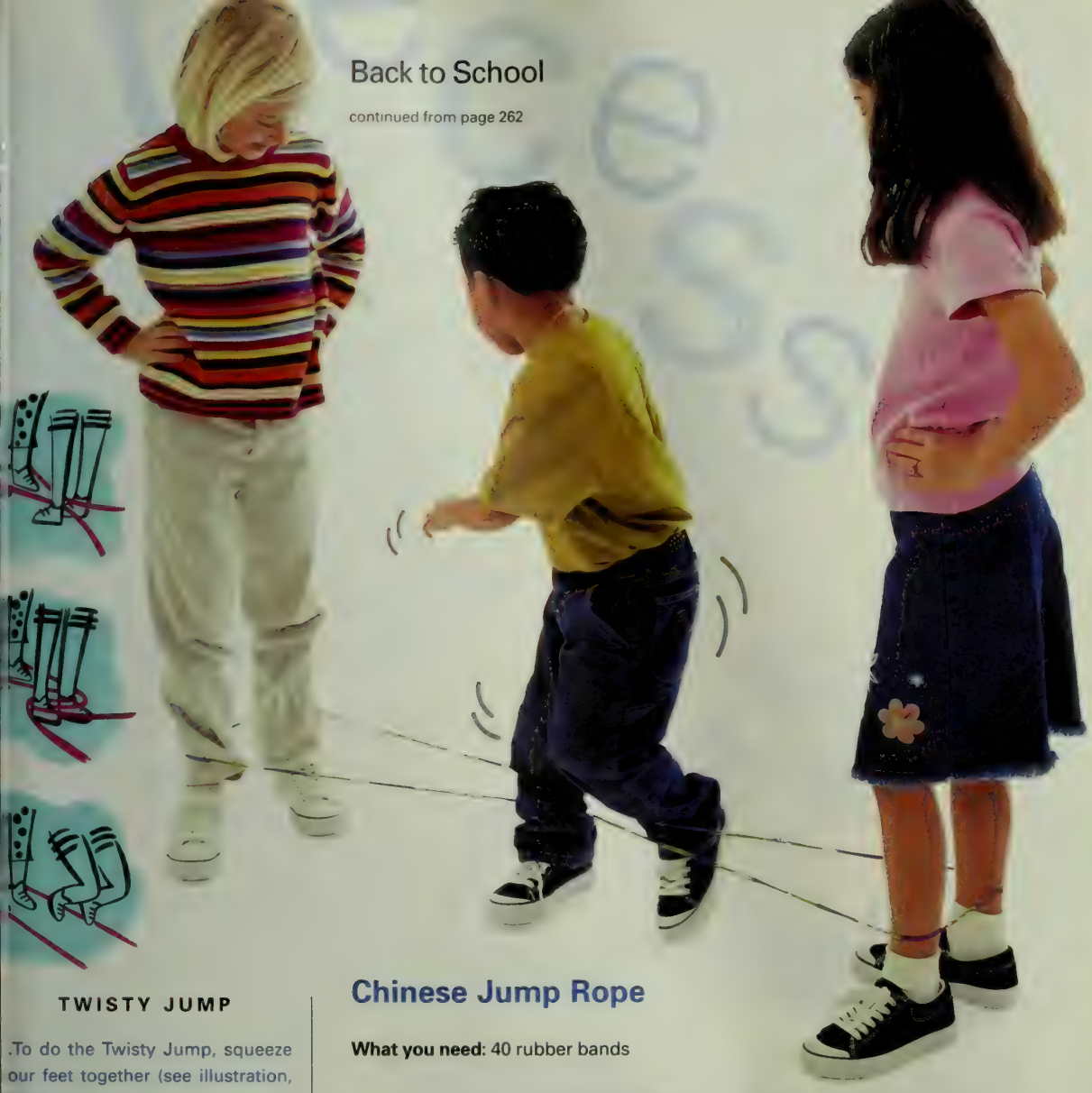

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**CHEVY VENTURE WE'LL BE THER**

continued from page 262





### TWISTY JUMP

.To do the Twisty Jump, squeeze our feet together (see illustration, *bove*).

. Turn around so you face the other nd person.

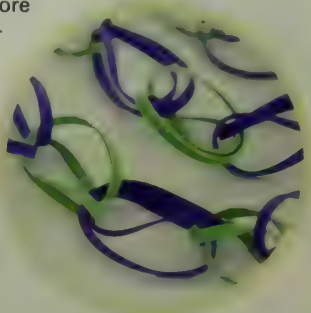
. Jump out, letting the strings slip ff your ankles. Land with your feet traddling the ropes.

Instructions are courtesy of *Klutz Chinese Jump Rope* book, by Anne kers Johnson, (Klutz, Inc., 1997) all ghts reserved. For ordering infor- nation, please call 800/558-8944, or isit www.klutz.com on the Internet.

## Chinese Jump Rope

**What you need:** 40 rubber bands

1. Start forming a rubber band chain by folding a rubber band around the leg of a chair, or ask a friend to hold the first rubber band for you. 2. Slip a second rubber band through the two loops of the first one. 3. Fold that rubber band in half. 4. Continue adding rubber bands like this until the rope is as long as you want it (see photo, *below*). Slip the first rubber band off the chair leg, being careful not to let the rope unravel. 5. Slip one more rubber band through all four loops of the end rubber bands. Knot this rubber band to hold the chain together. **The game.** A player advances through different levels by doing various movements, starting at the ankles and moving the rope up to the knees—continuing up the body. Keep going until you miss, which usually means stepping on the rope when you weren't supposed to.



continued on page 266

continued from page 265

## Balloon Badminton

**What you need:** Wire coat hangers ■ Tights, stockings, or panty hose ■ Colored masking tape ■ Balloons and socks

1. Pull a wire coat hanger into a diamond shape and straighten the hook end. 2. Stretch one leg of tights, a nylon stocking, or one leg of panty hose over the hanger. Twist the excess material around the straightened hook section and cut off the extra length. Use masking tape to secure it. 3. Bend the straightened section up to the bottom of the diamond to make a shorter handle. Tape around the bent section with masking tape to make the handle sturdier. Bat balloons up in the air. See who can keep the balloon up the longest.
Or roll a sock into a ball and bat it back and forth.

continued on page 268



CRAFT: CAROL ANN BLOOM

IT'S EASY TO MAKE KELLOGG'S RICE KRISPIES SNAKE TREATS.

3 tablespoons margarine or butter
1 package (10 oz. about 40) marshmallows or 4 cups miniature marshmallows
5 cups Kellogg's Rice Krispies cereal
Kellogg's Froot Loops or Kellogg's Apple Jacks cereal, licorice twists, blueberries or other berries, fruit-flavored candy strips or candy sprinkles

1. In a large microwave-safe bowl, melt margarine and marshmallows on HIGH for 2 minutes, stirring after 1 minute. Stir mixture until smooth.
2. Add Kellogg's Rice Krispies cereal, stirring until well coated. When slightly cooled, shape cereal mixture into snakes, using buttered hands. Place on waxed paper or a surface coated with cooking spray. Allow to cool.
3. Decorate snakes with cereal, licorice, berries, fruit snacks or candies. Use peanut butter or frosting to make stripes or spots and attach decorations.

DON'T BE SQUARE.



Kellogg's RICE KRISPIES

SEE THE BOX OR GO TO RICEKRISPIES.COM FOR MORE RECIPES

## Around-the-World Cookies

**What you need:** Sugar cookie dough ■ Green and blue food coloring ■ White icing

1. Tint two-thirds of a package of sugar-cookie dough with blue food coloring. Tint the other one-third package with green food coloring. 2. With clean fingers, press a circle of blue dough onto cookie sheet. Press small pieces of green (land masses) into the blue. Bake cookies according to package directions, extending baking time as needed. 3. Add white icing to cookies for polar ice caps.






## IM (Instant-Magnet Message) Me!

**What you need:** Alphabet and word stickers, or alphabet and word printouts from a computer ■ Adhesive magnetic strip

1. Peel the paper backing off a small section of the magnetic strip. 2. Place a sticker or words printed from a home computer over the exposed adhesive. Continue peeling back the paper and applying stickers or type until you have a foot of letters and words. 3. Use scissors to cut through the magnet strip, separating letters and words. Use finished magnets to spell message on metal lunch box.

continued on page 270

# Because research shows, kids get bigger.




2/3 more. All natural. Thirst quenching.

continued from page 268



## Book Worms

**What you need:** Prepared crescent-roll dough ■ Oat cereal ■ Peanut butter ■ Optional: Egg and sesame seeds.

1. Use one triangle of crescent roll dough for each book worm. Press dough into worm shape on cookie sheet, making the head about ¼-inch thick. 2. Push fruit-flavored or regular oat cereal circles in head for eyes. Or, make donut shapes from dough and press into the head. If desired, brush shape with beaten egg and sprinkle with sesame seeds before baking. 3. Bake according to package directions. Cut cooled shapes lengthwise about 2 inches at head. Fill with peanut butter.



## A-as-in-Apple Mix

**What you need:** 1½ cups cinnamon graham squares ■ 3-ounce bag Granny Smith apple chips ■ ⅔ cup each apple-oat cereal circles, alphabet cereal, and yogurt-covered raisins ■ ⅓ cup sunflower seeds.

Combine above ingredients into a snacker's trail mix for the lunch box, or enjoy after school.



## Carrot Pencil

**What you need:** Carrot ■ Toothpick ■ Chocolate-flavored cake-decorating sprinkles ■ Foil scrap ■ Mini marshmallow

1. Use peeler to shave carrot into pencil shape. 2. Push toothpick into sharpened end to create a small hole. 3. Insert chocolate sprinkle for "lead." 4. Parent, use knife to make a point at pencil top. Push marshmallow onto point. Wrap a band of foil around the carrot below the eraser.

continued on page 272

IT'S THE
RECIPE THAT
MADE AMOS
FAMOUS.







WALLY AMOS CREATED A RECIPE SO SPECIAL HIS COOKIES GOT FAMOUS BY WORD OF MOUTH ALONE. TRY THE RICH CHOCOLATE AND HOMEMADE TASTE THAT MADE AMOS FAMOUS!



continued from page 270



## Dice Fun

**What you need:** Two 6- to 8-inch-square boxes ■ Paper ■ Scissors ■ Glue ■ Pennies or buttons for tokens

1. Cover the two boxes with paper. 2. Cut dots for the dice from paper and attach with glue. Look at real dice to see where and how to place the dots. 3. Use pennies or buttons for scoring tokens in the games.

**More or less:** Take turns tossing the dice until each player tosses 10 times. With each toss, the players decide whose dice adds up to more. That player scores 1 point or token. The player with the most points after 10 tosses wins the game. Next, play the game and score points for tosses that add up to less.

**Odd or even:** Follow the above directions, scoring points for odd or even numbers. Decide whether odd or even will be the winning toss before the game.

**Cross out:** Write the numbers from 1 to 12 on a piece of paper for each player. Take turns tossing the dice. Cross out the number after it is tossed. The first player to cross out all 12 numbers wins.

**Fifty:** Players take turns tossing the dice and adding their tosses. The first player to reach 50 dots wins.

continued on page 274







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continued from page 272



### FISHING GAME

1. On small pieces of paper, write numbers to identify. Or, write a math problem on one side and the answer on the other side. Attach the problems under the paper clips on the fish. Place the fish in the pool, number side down. 2. Players take turns. Lower fishing pole into the pool. Pull out a fish and solve the problem. If correct, keep the fish on your frying pan. Whoever catches the most fish wins.

## Big Numbers Toss

**What you need:** 4 small boxes ■ Paper ■ Glue or tape ■ Markers ■ Labels ■ Index cards ■ Pennies

Play this game to practice reading numbers. 1. Cover boxes with paper. 2. Label the containers: "1000," "100," "10," and "1." **To play:** Line up the 4 boxes. Designate a toss line by placing masking tape on the floor about 4 feet from the containers. Give each player 12 pennies, a scorecard, and a pencil. Each player tosses his pennies toward the containers, trying to get some in each. After tossing, the player counts the number of pennies in each container and records them in the proper columns on the scorecard. Write the number. For example, 3 pennies in the 1000 box, 2 in the 100 box, and 5 in the 10 box would be 3,250. The player with the largest number wins.

## Gone Fishing

**What you need:** Craft foam in assorted colors ■ Scissors ■ Wiggle eyes ■ Glue ■ Paper clips ■ White paper ■ Box ■ Craft stick or pencil ■ String or yarn ■ Magnets ■ Cardboard ■ Foil

**Fish:** 1. Cut 10 to 15 fish shapes from craft foam. 2. Glue a wiggle eye on each side of the fish face. 3. Attach a paper clip to the top of each fish body. **Fishing pole:** 1. Tie a piece of string or yarn to a craft stick or unsharpened pencil. Glue 2 magnets on the end of the string. **Pool:** Decorate a box with blue paper and colorful fish shapes. **Frying pan:** Cover pan-shaped cardboard with foil. **To play:** See directions, *above*.

continued on page 276



# Kids are like camels. Until you get in the car.



The dreaded car ride. When you begin toilet training it can be tempting to switch back to diapers at times like these. Here's a tip. Once you've made the leap from diapers to Pull-Ups® Training Pants, it's important to be consistent. The fact is, **DON'T BE TEMPTED TO SWITCH BACK AND FORTH TO DIAPERS.** switching back and forth to diapers can confuse your child and actually slow down potty training progress. So whether it's a trip to the mall, or on those long rides to Grandma's, try not to switch back to diapers. While success may not happen instantly (and you'll probably see a lot of gas station restrooms), stick with Pull-Ups® all the time and it will definitely pay off down the road.

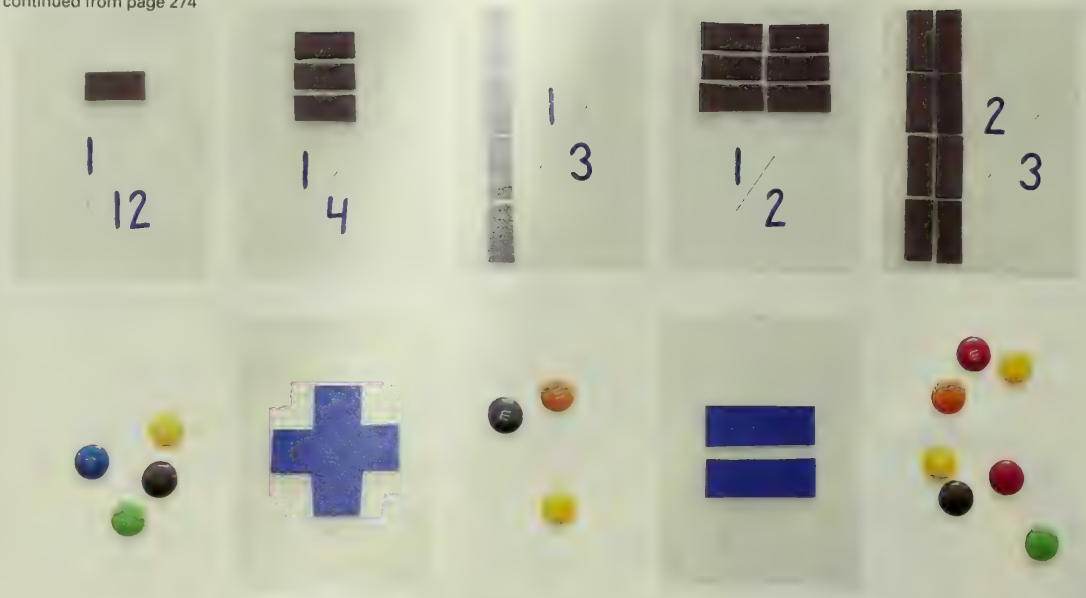
Even the one to Grandma's house.

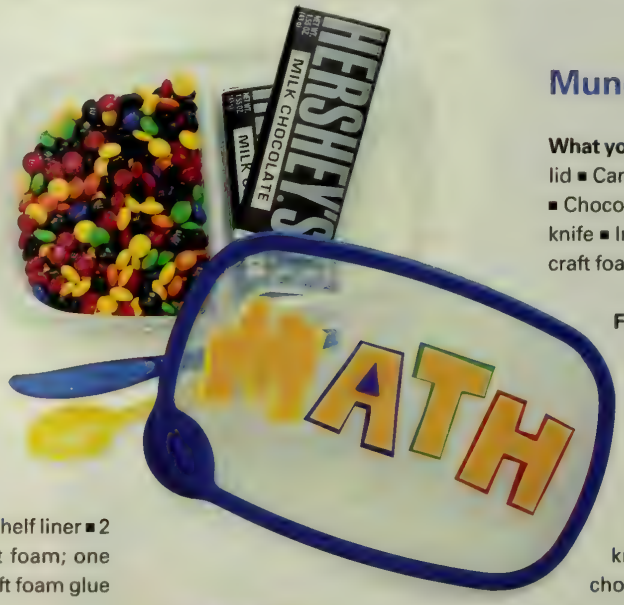



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continued from page 274




## Munchie Math Game

**What you need:** Plastic container with lid ■ Candy-covered chocolate pieces ■ Chocolate bars ■ Plastic spoon and knife ■ Index cards ■ Brown and blue craft foam ■ Markers

**Fractions Game** 1. Fill one compartment with chocolate bars. Create playing cards by writing the fraction on one-half of the card. Illustrate the corresponding chocolate squares with cut foam rectangles. Place the knife and cards over the chocolate bars. **To play:** Unwrap the chocolate bars. Cut them into fractions to match each card.

**Arithmetic Game** 1. Fill one compartment of a plastic container with candy pieces. 2. Draw addition, subtraction, and equal signs onto the index cards. **To play:** Create and solve your own math equations by spooning out the candy pieces and arranging the cards.

continued on page 278

## Mouse Pad

**What you need:** Nonslip shelf liner ■ 2 8×10-inch sheets of craft foam; one plain, one patterned ■ Craft foam glue

1. Glue together the nonslip shelf liner (bottom layer) and a plain craft foam sheet (middle layer). 2. Attach the patterned adhesive foam sheet to the other two layers. Weight the finished mousepad with heavy books while the glue dries. When dry, cut the mousepad to desired shape.




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TWISTS

continued from page 276



## No-Spill Paintbrush Station

**What you need:** Plastic-foam slushy cup ■ Craft foam

Minimize drips and spills with this covered water container. 1. Clean and dry a plastic-foam slushy cup from a fast-food restaurant. 2. Wrap cup with craft foam, if desired. Fill the cup with water to rinse paintbrushes.



## Portfolio

**What you need:** Two 4×18-inch colored corrugated plastic sheets ■ Colored duct tape ■ 2½ yards of ribbon

1. Lay plastic sheets side-by-side on work surface. Separate them by a ½-inch gap. Join the sheets together with a long strip of duct tape.The sides of the tape will rest on the plastic sheets and the center will fall in the gap. 2. Turn the sheets over and run a second strip of tape down the middle to cover the underside of the first strip (see photo, *right*). 3. Close the portfolio. Wrap the ribbon around the outside.



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**Four Seasons Sunrooms**
www.fourseasonssunrooms.com

**The Home Depot**
www.homedepot.com

**Homelife Furniture Corp.**
www.ehomelife.com

**Kohler**
www.kohlerco.com

**National Pork Producers Council**
www.otherwhitemeat.com

**[P]urplepill**
www.purplepill.com

**Pergo**
www.pergo.com

**State Farm Good Neighbor Teaching Award**
www.statefarm.com

**Target**
www.target.com

**Timbertech**
www.timbertech.com

**UNCLE BEN'S NATURAL SELECT**
www.unclebens.com

**U.S. Military**
www.todaysmilitary.com

**Better Homes and Gardens'**
www.bhg.com

# Buying information

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Jenn-Air, Maytag Customer Service, 240 Edwards St., Cleveland, TN 37311; 800/536-6247. **Tile**—Byrd Tile Distributors, 300 Tarheel Dr., Raleigh, NC 27609; 919/876-5997. **Cooktop**—Viking Range Corp., 111 Front St., Greenwood, MS 38930; 888/845-4641; www.vikingrange.com. **Sink**—Elkay Mfg. Co., 2222 Camden Ct., Oak Brook, IL 60523; 630/574-8484; www.elkay.com. **Faucet**—Grohe America, Inc., 241 Covington Dr., Bloomingdale, IL 60108; 630/582-7711; www.groheamerica.com.

**Page 66: refrigerator**—Sub-Zero Freezer Co., Inc., 4717 Hammersley Rd., Madison, WI 53711; 800/222-7820; www.subzero.com. **Storage drawer**—Charles Cabinets (address above). **Dishwasher**—Viking Range Corp. (address above).

**Page 68-69: tub**—Americh Corp., 13208 Saticoy St., North Hollywood, CA 91605; 800/453-1463; www.americh.com. **Tub faucets**—Kohler Co.; 800/456-4537; www.kohlerco.com. **Granite**—Byrd Tile Distributors (address above). **Shower faucet**—Grohe America, Inc., 241 Covington Dr., Bloomingdale, IL 60108; 630/582-7711; www.groheamerica.com.

**Page 70: shower fittings**—Grohe America, Inc. (address above). **Granite**—Byrd Tile Distributors (address above). **Sinks and faucets**—Kohler Co (address above) **Lights in mirror**—Forecast Lighting, Div. of Lightolier, 1600 Fleetwood Dr., Elgin, IL 60123; 800/989-3000. **Granite countertops**—Byrd Tile Distributors (address above). **Cabinets**—Charles Cabinets (address above).

### Basic Beige

**Pages 74-77: all items**—antique, discontinued, or personal belongings.

### Light Fantastic

Pages 78-80: **all items**—antique, discontinued, or personal belongings.

### Sun Screen Porches

**Page 82: white vinyl railing**—Wood Link Fence Co., 5400 St. Charles St., Columbia, MO 65201; 573/474-5115. **Indoor/outdoor carpet (Ivy Grass)**: Stover's Carpet & Home Furnishings, 1724 Paris Rd., Columbia, MO 65201; 573/449-2771. **Screening**—Koonse Glass Co. Inc., 300 N. Tenth, Columbia, MO 65201; 573/449-0084. **Roof**—D.J. Roofing Supply Inc., 2904 Paris Rd., Columbia, MO 65202; 573/474-4880. **Steel I-beam**—Ahrens Steel & Welding Supply, Big Bear Blvd., Columbia, MO 65202; 573/449-1445. **Furniture and pillows**—Bed Bath & Beyond; for store locations call 201/379-1520.

**Page 84 (*bottom right*): floor and backsplash tiles**—Zumpano Enterprises, 6354 Warren Dr., Norcross, GA 30093; 770/449-3528. **Sink**—Kohler Co.; 800/456-4537; www.kohlerco.com. **Refrigerator**—GE, GE Answer Center; 800/626-2000. (***Bottom left*): wicker furniture**—Henry Link Trading Co./Lexington Home Brands, P.O. Box 1008, Lexington, NC 27293; 800/539-4636; or visit www.lexington.com. **Rocking chair**—Hartford House, 126 Anderson Cr., Alto, GA 30510; 877/223-0008; www.hartfordhousefurniture.com.

### Dressy Driveways

**Page 92: stained and textured asphalt**, "StreetPrint"—Integrated Paving Concepts Inc., 102-19757 55th Ave., Surrey, BC, Canada V3S 6C4; 888/581-2299; or visit their Web site at www.streetprint.com.

**Page 94: stone**, "New England bluestone"—no source.

### Decorating Shop

**Page 107: Happy Everything Sampler Kit**—Banar Designs, 431 S. Main, Fallbrook, CA 92028.

### Gardening in the Round

**Pages 136-144: Lady's mantle**—Bluestone Perennials, 7211 Middle Ridge Rd., Madison, OH 44057; 800/852-5243; free catalog.

### Gardener's Almanac

**Pages 148-154: liatris, purple sedum**—Niche Gardens, 1111 Dawson Rd., Chapel Hill, NC 27516; 919/967-0078; catalog $3. **Solfatare crososmia**—Greer Gardens, 1280 Goodpasture Island Rd., Eugene, OR 97401-1794; 541/686-8266; catalog $3. Heronswood Nursery, 7530 NE. 288th St., Kingston, WA 98346; 360/297-4172; catalog $5. **Variegated lysimachia**—Plant Delights Nursery, 9241 Sauls Rd., Raleigh, NC 27603; 919/772-4794; catalog $3.20. We-Du Nurseries, Route 5, Box 724, Marion, NC 28752; 704/738-8300, catalog $2. **Hakone grass**—Carroll Gardens, 444 E. Main St., Westminster, MD 21157, 800/638-6334; catalog $3. Shady Oaks Nursery, P.O. Box 708, Waseca, MN 56093-0708, 800/504-8006; free catalog. White Flower Farm, P.O. Box 50, Litchfield, CT 06759; 800/255-2852; free catalog. **Firetail persicaria**—Milaeger's Gardens, 4838 Douglas Ave., Racine, WI 53402; 414/639-2371; catalog $1. Kurt Bluemel Inc., 2740 Greene Lane, Baldwin, MD 21013, no phone orders; catalog $3. **Percy's Pride kniphofia**—Digging Dog Nursery, P.O. Box 471, Albion, CA 95410; 707/937-1130; catalog $3. **Sutherland Gold elderberry**—Gossler Farms Nursery, 1200 Weaver Rd., Springfield, OR 97478-9691; 541/746-3922; catalog $2. Greer Gardens (address above).

### Bouquet at Your Door

**Pages 157-162: celosia**, "Pink Flamingo"—Seymour's Selected Seeds, P.O. Box 1346, Susse, VA 23884-0346; 803/663-3084; free catalog. **Rosa**, "The Fairy"—White Flower Farm, P.O. Box 50, Litchfield, CT 06759; 800/255-2852; free catalog. **Honeysuckle**, "Dropmore Scarlet"—Shady Oaks Nursery, P.O. Box 708, Waseca, MN 56093-0708; 800/504-8006; free catalog. **Hydrangea paniculata**—Louisiana Nursery, 5853 Highway 182, Opelousas, LA 70570; 337/948-3696; catalog $4 and $6. **Dendranthemam Venus**—White Flower Farm (address above). **Salvia leucantha**—Select Seeds, 180 Stickney Rd., Union, CT 06076-4617; 860/684-9310; catalog $3. Logee's Greenhouses, 141 North St., Danielson, CT 06239-1939; 888/330-8038; catalog $3. **Beautyberry** (shrub)—Louisiana Nursery (address above).

### Eased-Up Elegance

**Page 165: fabric on chair**, 970006-319—Lee Jofa Fabric, through your local interior designer.

**Pages 166-167 (*left*): chair fabric**, "Decorators Walk"—Dean Warren Fabric; through your local interior designer. (***Right*): fabric on ottoman**—Robert Allen Fabric through your local interior designer. **Sofa fabric**—Waverly; 800/423-5881; www.waverly.com.

**Pages 168-169: all items**—antique, discontinued, or a personal belonging.

**Pages 170-171 (*left*): bedding**—Ralph Lauren Home; for a store near you call 800/578-7856; or visit their Web site at www.ralphlauren.com. **Headboard design**—James Spiers Interiors; 602/256-6439. **Headboard fabrication**—Pillows Plus; 602/992-6291. **Drapery fabric**, "Mulberry"—Lee Jofa Fabric; through you local interior designer. (***Top right*): wallpaper**, "Julia"—Ralph Lauren Home; for a store near you call 800/578-7856; www.ralphlauren.com. (***Bottom right*): wallpaper on dresser**, "Tartan Plaid"—Ralph Lauren Home; for a store near you call 800/578-7856; www.ralphlauren.com.

**Page 172: all items**—antique, discontinued, or a personal belonging.

### Clean Country Living

**Page 175: sofa**—Restoration Hardware; 888/243-9720; www.restorationhardware.com. **Woven chair**—Smith & Hawken; 800/776-3336; www.smithandhawken.com. **Fabric on antique side chair**—Calico Corners; for a catalog call 800/213-6366.

**Pages 178-179 (*top left*): chairs**—Spiegel; 800/345-4500; www.spiegel.com. **Bar stools**—Crate & Barrel; 800/996-9960; www.crateandbarrel.com. **Fabric on window seat**—Calico Corners; for a catalog call 800/213-6366.

**Page 182: white rockers**—Crate & Barrel; 800/996-9960; www.crateandbarrel.com. **All other items**—antique, discontinued, or a personal belonging.

### Double-the-Recipe Kitchens

**Page 186-187 (*left*): sink**—Elkay Mfg. Co., 2222 Camden Ct., Oak Brook, IL 60523; 630/574-8484. **Faucets**—KWC Faucets, Inc., 1555 Oakbrook Dr., Ste 110, Norcross, GA 30093, 888/592-3287. **Windows**—Andersen Windows, Inc.; 800/426-4261; www.andersenwindows.com. (***Right*): chandelier**—Nowell's Inc., 490 Gate Five Rd., Sausalito, CA 94965; 415/332-4933. **Table**—Shaker Shops West, 5 Inverness Way, Inverness, CA 94937; 415/669-7256. **Chairs, Oriental rug**—antiques. **Disposals**—In Sink Erator Co., 4700-21st St., Racine, WI 53406; 800/558-5712; www.insinkerator.com. **Cooktop, hood, vent, fan, oven**—Thermador, 5551 McFadden Ave., Huntington Beach, CA 92649; 800/656-9226; www.thermador.com. **Windows, French doors**—Andersen Windows, Inc. (address above). **Cabinets**—Superior Wood Products, 1058 W. Country Rd. 400N, Warsaw, IN 46580; 219/267-5879. **Faucet**—KWC Faucets, Inc. (address above)

**Pages 188-189: refrigerator**, "630MTI"—Northland Kitchen Appliance, P.O. Box 400, Greenville, MI 48838; 800/223-3900 **Wall oven**, "H217BSS"—Miele Inc., 9 Independence Way, Princeton, NJ 08540; 800/843-7231. **Custom cabinets and hardware**, "Amari" (Matte Black)—Pacific Design Inc., 6050 SE. Alexander, Portland, OR 97123; 503/848-8010 **Range hood**—Gaggenau USA Corp., 5551 McFadden Ave., Huntington Beach, CA 92649, 800/828-9165; or visit their Web site at www.gaggenau.com **Recessed light fixtures**, "1105"

## Buying information

hite) Lightolier, 631 Airport Rd., Fall River, MA 02720; 9679-8131, www.lightolier.com. **Countertops**—Juparana g Granite, Conrad Stone Cutters, 1613 SE. Sixth, tland, OR 97214; 503/235-3644. **Framed print on wall, e stand on counter**—Marshalls, 888/627-7425; www. rshallsonline.com. **Bar stool**—no source. **Espresso chine**—Braun U.S.; 800/272-8611; www.braun.com **na on counter**, "American Atelier"—Kitchen Kaboodle; 1/366-0161. **Plastic containers on shelves**—Tupperware rp., P.O. Box 2353, Orlando, FL 32802; 800/366-3800. **Pasta k**—Franke Kitchen Systems Div., 3050 Campus Dr., Hatd, PA 19440; 800/626-5771. **ges 190-192** (*far left*): **cabinets** (Antique White)—yal Sheffield/Trumbull Ind., 400 Dietz Rd., Warren, OH 482; 800/477-1799. **Range**, "VGIS360-6"; **vent hood**, VH3648SS"—Viking Range Corp., 111 Front St., Greenod, MS 38930; 601/455-1200. (*Left*): **bar sink**—Elkay Mfg (address above). **High-rise faucet**, "4901"—Moen, Inc., 00 Al Moen Dr., North Olmsted, OH 44070; 800/321-8809; w.moen.com. **Window**—Caradco, 201 Evans Rd., ntoul, IL 61866; 800/238-1866. (*Bottom right*): **hwasher**—Asko, Inc., 1161 Executive Dr., W. Richardson, 75081; 800/367-2444; www.askousa.com. **Refrigerator, 'X24SPB"**—GE Appliances, GE Answer Center; 800/626-0. **Main countertops**, "Sierra" (Tarragon)—DuPont ian Customer Response Center, P.O. Box 80012, Barley l Plaza, Wilmington, DE 19880-0012; 800/426-7426, w.corian.com. **Granite countertop on island**, "Verde ntain"—Bratti Assoc., 3143 Mt. Vernon Ave., Alexandria, 22305; 703/883-0644. **Table, chairs, hanging light over le**—antiques. **Bar stools, clock above sink**—Lowe's Co., ; 800/445-6937; www.lowes.com. **Rooster on table**—he & Co., 20 S. Harrison, Easton, MD 21601; 410/820-3. **Recessed lights, hanging light over island, 91NW"**—Dulles Electric, 1600 S. Sterling Blvd., rling, VA 20164; 703/450-5700. **Paint** (Shell White)—Duron Paints & Wallcoverings, 10406 Tucker St., Beltsville, MD 20705; 800/723-8766. **Area rugs**—discontinued.

### BH&G Kids®

**Page 262 and 276: computer/printer stand, computer desk**—Kidstation, 730 E. Cypress Ave., Monrovia, CA 91016; 800/397-9055; www.kidstation.com.

### Reader Shopping

**Page 106: Jack O' Lantern Ice and Dessert Mold**—Sculptures in Ice, 2213 Cedar Ridge Ct., River Rd., P.O. Box 6333, Oxnard, CA 93031-6333

**Page 154: My Angel Clematis**—Carroll Gardens, 444 E. Main St., Westminster, MD 21157

**Page 208: ThermoTimer**—Zelco, 65 Haven St., CS #4445, Mount Vernon, NY 10533

**Page 210: Two-Burner Reversible Grill/Griddle**—Nordic Ware, Hwy. 7 & 100, Minneapolis, MN 55416.

## architects & designers

### Hardworking Pantries

**Page 52-54: architect**—John DeYoung; 909/337-8711. **Contractor**—Dan Searer, D.L. Searer Development, 20481 Via Palo Pinto, Murrieta, CA 92562; 909/677-2601. **Kitchen designer**—Dawn Sullivan, Allied Member, ASID, DAS Interiors, P.O. Box 30113, Escondido, CA 92030; 760/739-8988.

**Pages 56: interior designer**—Carole Jackson, ASID, NWSID, Carole Jackson Interior Design, 9363 Beaverton Hillsdale Hwy., Beaverton, OR 97005; 503/291-9290. **Pantry co-design/construction**—California Closets, 18862 SW. Teton, Tualatin, OR 97008; 503/885-8211.

### Easy-Access Design

**Pages 62-70: kitchen designer**—Mary Jo Peterson, Mary Jo Peterson, Inc., 3 Sunset Cove Rd., Brookfield, CT 06804; 203/775-4763. **Interior designer**—Judy Pickett, ASID, Design Lines, Ltd., 1611 Jones Franklin Rd., Ste. 105, Raleigh, NC 27605; 919/828-0385. **Builder**—Walt Steen, Steen Construction Co., 7100 Manor Oaks Dr., Raleigh, NC 27615; 919/790-0472.

### Sun Screen Porches

**Page 82: architect**—Angela Holloway, Kerry Bramon Remodeling and Design, 1204 Rodgers St., Columbia, MO 65201; 573/875-0794.

**Page 84: architect**—Richard Dooley Residential Designs, 2996 Grandview Ave., Atlanta, GA 30305; 404/365-9311

### Dressy Driveways

**Page 92: contractors**—Grimes Asphalt and Paving Corp., P.O. Box 139, Grimes, IA 50111; 515/986-3649. Speck Enterprises Parking Lot Maintenance, P.O. Box 20058, Des Moines, IA 50320; 515/285-4649.

**Page 94: architect**—Eric F. Mossman, Architect AIA, 2025 W. Balboa Blvd., Ste. B, Newport Beach, CA 92663; 949/675-1252.

### Eased-Up Elegance

**Pages 165-172: interior designer**—James V. Spiers II Interiors; 602/256-6439.

### Clean Country Living

**Pages 175-182: architect**—John Hopkins; 510/486-1471. **Contractor**—Mike Hall Builders; 573/364-0870.

### Double-the-Recipe Kitchens

**Page 185-187: kitchen designer**—Sandra Bird, Sandra Bird Kitchen Design, 240 Magnolia Ave., Larkspur, CA 94939; 415/927-1171.

**Pages 188-189: architect**—A.P. DiBenedetto, 0106 SW. Gibbs, Portland, OR 97201; 503/224-6767. **Kitchen designer**—Joanne DiBenedetto, Pacific Design, 6050 SE. Alexander, Hillsboro, OR 97123; 503/297-1802.

**Pages 190-192: designers**—Nancy Boriack, CBD, and Alison Martin, CKD, Fairfax Interiors & Bath Design, 3739 Pickett Rd., Fairfax, VA 22031; 703/323-1660; www.fairfaxintbath.com. **Installer/contractor**—Jim Gladwin, Production Manager, and Joe Lilig, Lead Carpenter, Fairfax Interiors & Bath Design, 3739 Pickett Rd., Fairfax, VA 22031; 703/323-1660; www.fairfaxintbath.com.



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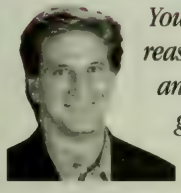
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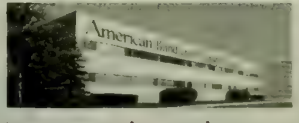
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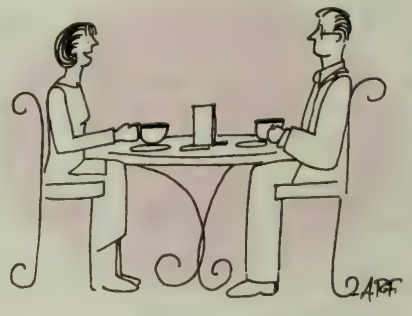
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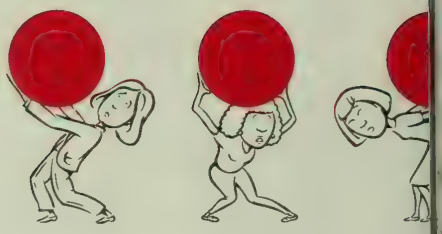
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Assorted small candies (optional)

**POUR** milk and pudding mixes into large bowl; beat with wire whisk 1 minute until well blended. Stir in 1/2 of the whipped topping and 1/2 of the crushed cookies. **SPOON** 1 Tbsp. crushed cookies into each of 15 cups. Evenly divide pudding mixture among cups; top with remaining crushed cookies. **DROP** remaining whipped topping by spoonfuls into each cup to create "ghosts." Decorate with candies to create "eyes." Makes 15 servings.



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## editor

Stay in touch" are three of the nicest words in ou language. Whether spoken or written, they conve more than well wishes. They say "what happens t you is important to me." This simple phrase i usually extended to family and friends, but also is equall appropriate for others, like people we work with.

Thankfully, we have more ways than ever to keep in touch Case in point, when our daughter Lauren went to camp thi summer we employed both the mail service and our fa machine, and she also took a cell phone along. During the week a total of four letters and three faxes passed between her camp and our home. If we fast-forward two or three years, I envision campers' e-mails joining the communication frenzy.

Hearing from readers has special meaning for the editors and designers here, too. We'd love for you to drop us a line, call us, or e-mail us whenever we can be of help. I would personally like to hear from you about your home and family, especially as you think about the future. What home improvements would you like to make in the next five years? How will your family's needs change during that time? How can *Better Homes and Gardens*® help you make the changes you want and fulfill the needs you foresee? If you'd like to share your answers to these questions, you can reach me at either address below. Stay in touch!



Karol DeWulf Nickell


Karol DeWulf Nickell
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## family network

**Plan ahead to organize school records**

When each of my children started kindergarten, I purchased an expandable file folder with 12 pockets and labeled each pocket with a grade level. This is where I stored report cards, immunization records, class photos, and test scores. It's also a good place to keep ideas that I want to refer to in future grades.

Cheryl Peterson
St. Peter, Minn.

**Create positive feelings within the family**

Our family celebrates "compliment night" every Sunday evening. We each think of a compliment for every member of the family and tell it to them. It can be a thank-you for something they did or a remark about a positive aspect of their character. Afterward, we all feel special and appreciated.

Marcy Lytle
Pflugerville, Texas

**Teens love the gift of gas**

Try this gift idea for teens of driving age—it's especially appropriate for 16th birthdays: Give several toy cars to the teen and tell the recipient that each one is good to trade in for a gasoline fill-up for his or her car.

Susan F. Bailey
Jeffersonville, Ind.

**Stay on top of those birthday greetings**

Remembering the birthdays of a growing list of family and friends can be overwhelming. It helps if you keep a large selection of cards on hand. Then, at the beginning of each month, pick a card for each birthday that month, and address all the envelopes. In the envelope's stamp corner, pencil in the date the card needs to be mailed. Stack them in chronological order, and check each day for any mail that needs to go out.

Shari Wenig
Carroll, Iowa

**Music attunes kids to spelling their own names**

My sons, Jonathan and Christopher, have long names. It was difficult for them to memorize these long strings of letters. Setting their names to music helped them memorize the spellings of their names quickly and without frustration. For example, with Christopher we used the "Mickey Mouse Theme Song."

Elizabeth Cafaro
Oviedo, Fla.

**Chart helps beginning reader get ready for school on time**

I developed a chart to help my 6-year-old get ready for school independently, and on time, while I get ready for work. Since she cannot read yet, "Morgan's Morning Routine" chart uses pictures to show her what to do. Words are there, too, which helps her with reading. After she completes each task, she checks it off and moves on to the next.

De De Hagstrom
Walton, Ky.

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# Showcases

by Catherine Kramer and Sarah Egge

Inventive materials and hands-on creativity turn affordable bookcases into focal-point furniture. These pieces are as functional as they are fun.



## linen and lace

These side-by-side units start as two unassuming unfinished bookcases. Easy embellishments give them china hutch status. To make such bookcases worthy of a formal dinner—but not so showy that they overpower the pretty dishware displayed on their shelves—give them an antiqued paint finish in a soft color. Curtain panels on swing-arm rods create a "cabinet" at the base and conceal stacks of dinnerware. Dressed up with these tricks, the unit looks more like a true hutch.

continued on page 22

ge 21



Paper lace doilies from a party supply store add a faintly Swedish touch to the shelves (*right*). They are easily attached with double-stick tape. Overlapped to look like one continuous piece of lace, each scallop is a sturdy double-thickness.

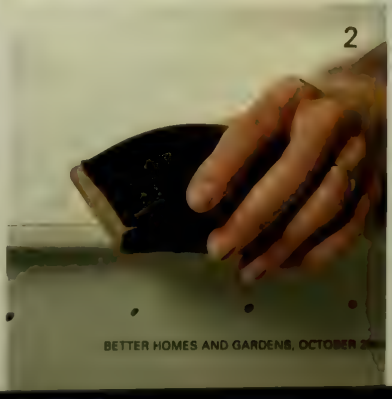


These bookcases have an extended shelf (*above*) that marks a natural spot to create lower cabinets. If your shelves are all the same depth, portion off the lower third of the shelves.

To create an antiqued finish on an unfinished bookcase, use a layered paint process. Prime the units, then paint a base coat (ours is cream) that contrasts with the top coat. When the top coat is sanded away, the undercoat will create the illusion of layers of paint added over time. After the base coat dries, rub the edges of the shelves and the frame of the bookcases with a wax candle (Photo 1), so the top coat can be easily sanded away later. Apply the semigloss top coat (ours is green) with a dry brush, using short, choppy strokes to give it a weathered effect. After the top coat dries, sand the waxed areas to reveal the base coat and raw wood (Photo 2), so it appears wear-and-tear has rubbed off some of the paint.

continued on page 24





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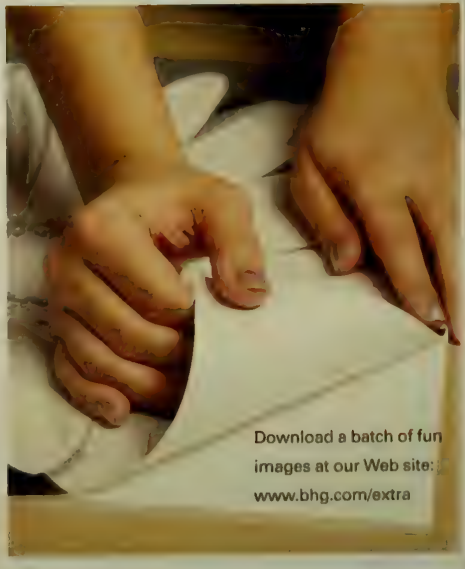


## popping poppies

Simple bookcases corral and display favorite objects, organize stuff, and can be works of art if you let them. In some of the cubbies, forget the stuff and showcase single objects with simple profiles. Use bold black-and-white flower photos as impactful backdrops for the objects or, on some shelves, as the star themselves. Graphic photos featuring a basic form with a contrasting solid-color background work best. Copy the photos, enlarge them, and glue them to foam core with spray adhesive. Use tacks to attach them to the back of the open shelves.

continued on page 26

Have a photocopy store or a business that specializes in graphics and signs blow up simple, two-color images. Glue them to foam core (*right*). Attach them behind an open shelf with tacks. If your shelves have a back, trim the copies slightly larger than the opening and press the copies against the back. They should fit snugly without glue.



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**what a relief** Using a simple decorative technique, you can transform unfinished bookcases into finished pieces with the look of delicately carved wood furniture. Use a plasterlike product (see instructions, *page 28*) and a stencil to trim the cabinet doors with a floral relief pattern. Paint the bookcases a neutral color, then apply a dark glaze and wipe most of it away to make the finish look subtly aged. Now, the bookcases lead the living room's decorating scheme toward old-world European classicism—chairs with worn painted finishes and fabrics with faded patterns fall into place.

continued on page 28

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page 26



To create the [illegible] pattern, you need a thick stencil (ours is ¼ inch thick). Using a putty knife, fill in the stencil with the plasterlike product (*right*). Immediately remove the stencil. Let the plaster dry completely before painting it. If you make a mistake, you can wipe away the plaster while it's still wet, or sand it away after it's dry and start again.



After the relief design has been painted and is completely dry, use a stiff-bristle brush to apply a small amount of amber glaze over it (*above*). Then, go back with a dry, clean cloth and wipe the glaze off the top of the pattern.

These bookcases benefit from crown molding, but another attractive asset is the solid-wood raised-panel cabinet doors. This floral relief pattern draws attention to the doors (*below, right*). A small application of this textural treatment is the key to its elegance. The real stars of the bookcases should be the books and collectibles displayed on the shelves. However, in its subtlety, the pattern could be overlooked. To make it stand out, brush a dark amber glaze over the pattern, let it sink into the crevices, and then remove it from the surface with a rag. The dark color adds shadow and definition to the pattern. We repeated the glazing technique on the crown molding for consistency.

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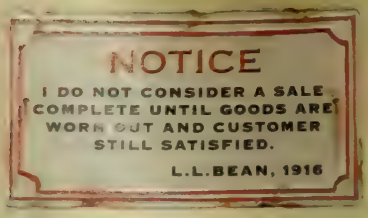
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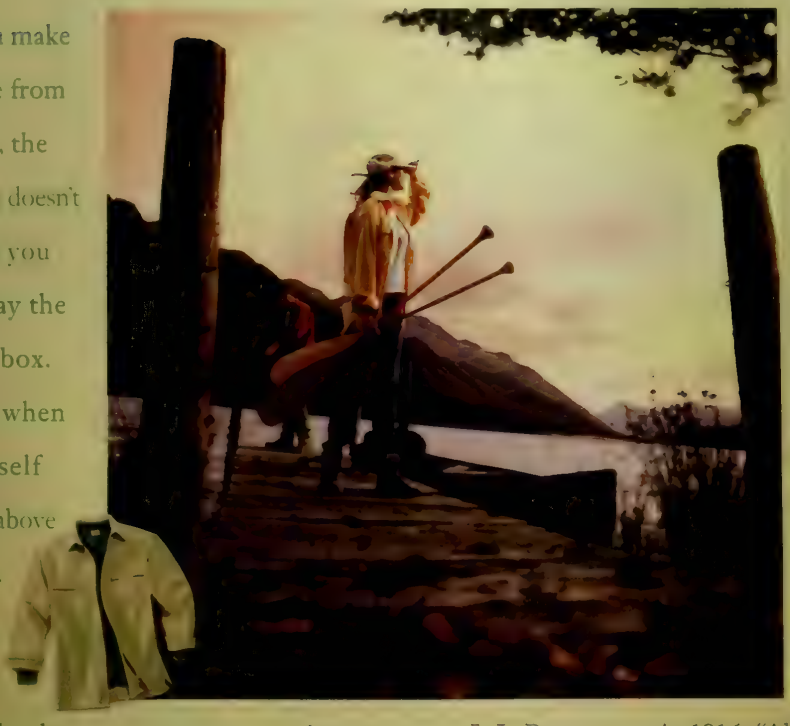
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Buying information, *page 108*




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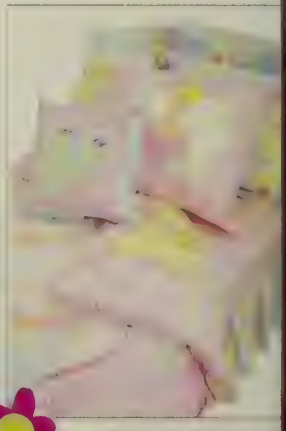
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# Barbie At Home with Her Dreams



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To accent the room, add a Barbie plush pillow by Franco Manufacturin These soft, cuddly pillows have a secret pocket or compartment, perfect for keeping her favorite things or packing her Barbie pajamas for a sleepover. Dreamy nightgowns, dorm shirts, and pajama sets from Wundies, Inc. feature fun Barbie prints in a palette of pinks, purples, and yellows. And the ever-popular "Doll & Me" nightgown set comes complete with a doll-sized version of this adorable nightie so that your daughter and her Barbie doll can dress alike. Comfortable and cute, these slumber time fashions guarantee that your little girl will dream in style!



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# Decorating Dos and Don'ts




**do** let in light. Mount curtains outside window frames to fully expose the glass and open up the view. Increase airiness with fabrics that have a light or white background. For darker palettes, include a touch of the dark hue in a patterned, light-ground fabric, then dramatize the treatment with a dark cornice or valance.

**don't** box yourself in. Positioned inside the frame, dark curtains limit light flow and view. There's no need to stop the curtain where the window ends, either. Dropping it to the floor fills an awkward slice of space. And don't skimp on cornices: Larger ones create grandeur.

Sometimes, less is less. Some dinky decorative elements throw rooms out of proportion, leaving gaps as awkward as a missing front tooth. Follow these lessons to create spaces that are as welcoming as a winning smile.




continued on page 34




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# Decorating Dos and Don'ts

continued from page 32



**do** select an end table and accessories that can stand up to your sofa. A thick, rolled-arm sofa requires a side table that balances its weight. A closed chest, versus an open-leg table, offers the eye the solidity it seeks. Plus, it provides storage. Continue weighting the design scales with accessories of compatible size, such as a lamp that's both tall and wide.

**don't** add air where earth is needed. A wispy table fails to ground this scene. Because the table falls short of reaching the sofa's arm height, it is difficult to reach. A lamp sized to the delicate table is overpowered in this setting.



continued on page 3







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# Decorating Dos and Don'ts

continued from page 34

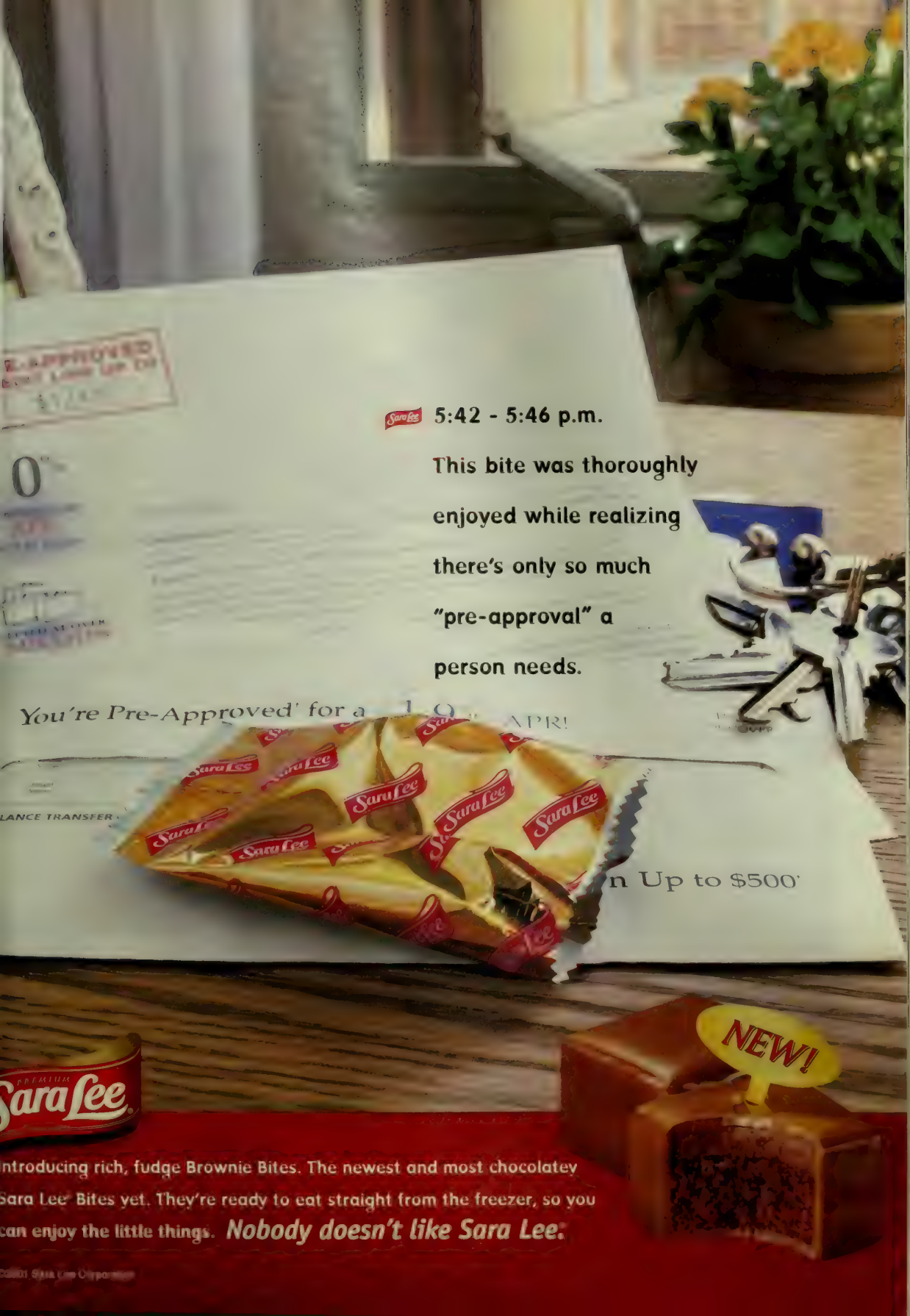


**do** span three-quarters of the sofa's length with wall art. Trace the sofa's shape with the arrangement: a straight-lined presentation for a straight-back sofa; an up-down grouping for a camelback (*above*). The casual viewer may not analyze the rhythm but will enjoy its harmony.

**don't** allow your favorite art to dictate an imbalanced design. Save it for another spot if it's too small or large for the sofa and surrounding wall. A 6-inch gap between art and furniture lets them read as a unit.



continued on page 38


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# Decorating Dos and Don'ts

continued from page 36

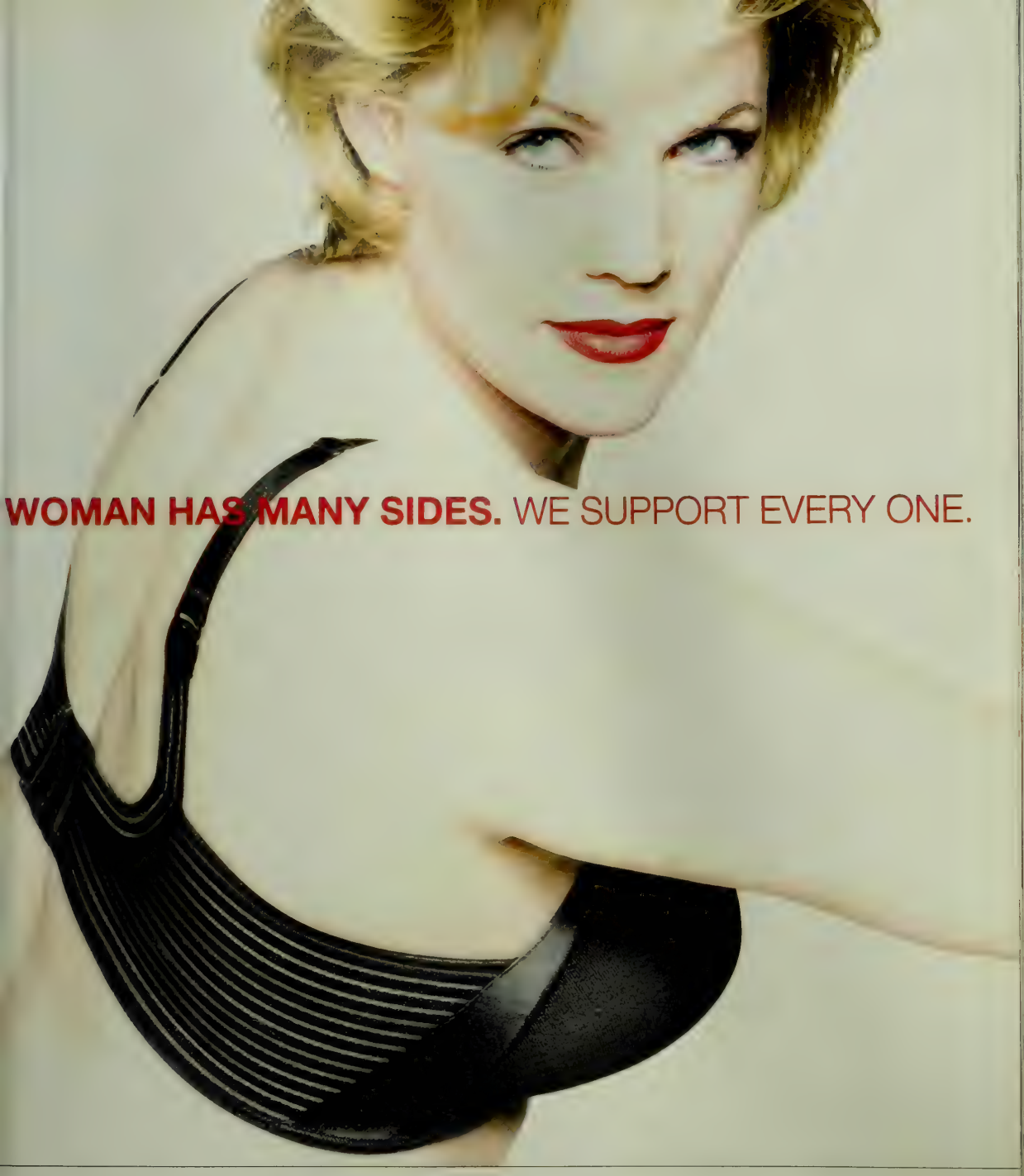


**do** get down and out, with chandeliers that hang intimately low and are focal-point wide. These two factors ensure a dining space that's visually cohesive. Drop the fixture 2 to 3 feet above the tabletop. A fixture's circumference should be about one-third the table's width. Consider the style of the table and chairs, then choose a chandelier that adds complementary lines and textures.

**don't** isolate the fixture. Ceiling-hugging chandeliers, especially when they're too small, create a gaping hole above the table. Dimmers are the key to low-light ambience.



Buying information, page 108




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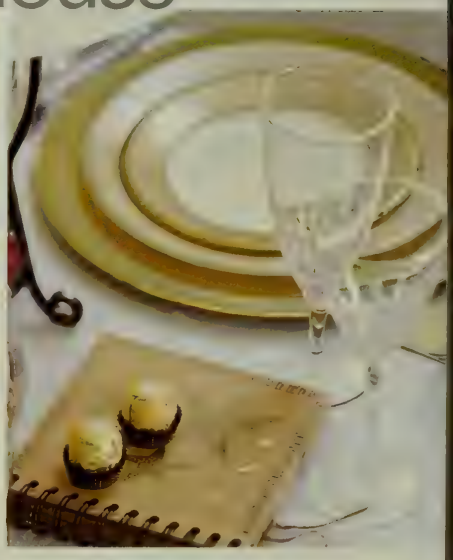
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# Dining Around the House





## lunch in the afternoon

A well-appointed bedroom is a casual setting for a room-service-style birthday lunch. A bedside table, still sporting its reading lamp, converts to a dining surface when chairs are added. You'll need a table surface that is at least 30 inches in diameter to comfortably hold two place settings; if your table isn't big enough, top it with a larger circle of plywood or glass. Match the table linens with the bed linens for a calm, coordinated look. Chill wine and roses in an ice bucket (*top*). Want to make cleanup a little easier? Shop for elegant paper plates and napkins (available at party goods stores) to pair with brass chargers, crystal stemware, and flatware (*above*).



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continued from page 42

## supper by the fire

With dinner presented in front of a crackling fire, it's impossible not to feel cozy and content. Position a coffee table a safe distance from the fireplace, and surround the table with stacks of floor pillows. Sitting on the floor may not be comfortable for all, so pull up a few easy chairs as well. Keep the ambient lighting low to let the firelight shine, but a nearby table lamp (*below*) may help you find your seat.

A tray-style table with raised sides helps corral mealtime necessities—from candles to condiments. Be thoughtful when adding items with height—you don't want to block anyone's view of the blaze. Since you're off the beaten path anyway, build an exotic theme with international food and accoutrements.





A temporary centerpiece, this carryout container of rice holds dried palm fronds and fancy chopsticks (*left* and *top*). It's propped on a basket that's normally used to steam dumplings but now holds polished stones. Similar takeout containers are available in the gift-wrap sections of crafts and paper-goods stores.



continued on pag

YESTERDAY:

*How many kids?*

TODAY:

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TOMORROW:

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continued from page 44

## reakfast by ne window

o need to worry out weather or rbside traffic with is sidewalk café-style eakfast. Set up a stro or patio table doors or on the orch—any spot that joys great light and a leasant view. Dress it ith sunny colors and erky patterns. eplicate the look of a treet-side table by tting it as waiters do *ight*)—with heavy, staurant-style toneware; layers of nens that can be hisked away between iners; a simple center- iece of funky water ottles holding bold looms; and napkins nd flatware tucked in umblers for easy arrying.





Spruce up plain linens with hand-painted dots (*left*). Using a pad of cork or moleskin, cover one end each of ¼- and ¾-inch dowels. (Moleskin is a blister-patch material sold in drugstores and shoe stores. It absorbs paint and will leave a textural pattern.) Dip the dowel lightly in textile paint or acrylic paint mixed with textile medium. Press it onto the fabric. Heat-set the paint according to the manufacturer's directions.

Buying information, page 108




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Dried hops (the kind used to make beer) form the foundation of this wreath. Just thread hops together with wire and attach to a wire wreath form. Do the same with orange Chinese lanterns (also called Japanese lanterns), which dry on their woody stems. Ask your florist about availability. Fill in with small sprigs of hops and lanterns.

# Halloween Dress-Ups

A house haunted with dark-and-gloomy Halloween trimmings can be a decorating nightmare. This year, exorcise the ghouls from your scary scheme and replace them with upbeat arrangements in cheerful oranges and yellows. These easy projects and simple displays—mixing everyday containers with seasonal materials—will leave you spellbound.

continued on page 50

# Halloween Dress-Ups

continued from page 49



## DEAD HEADS

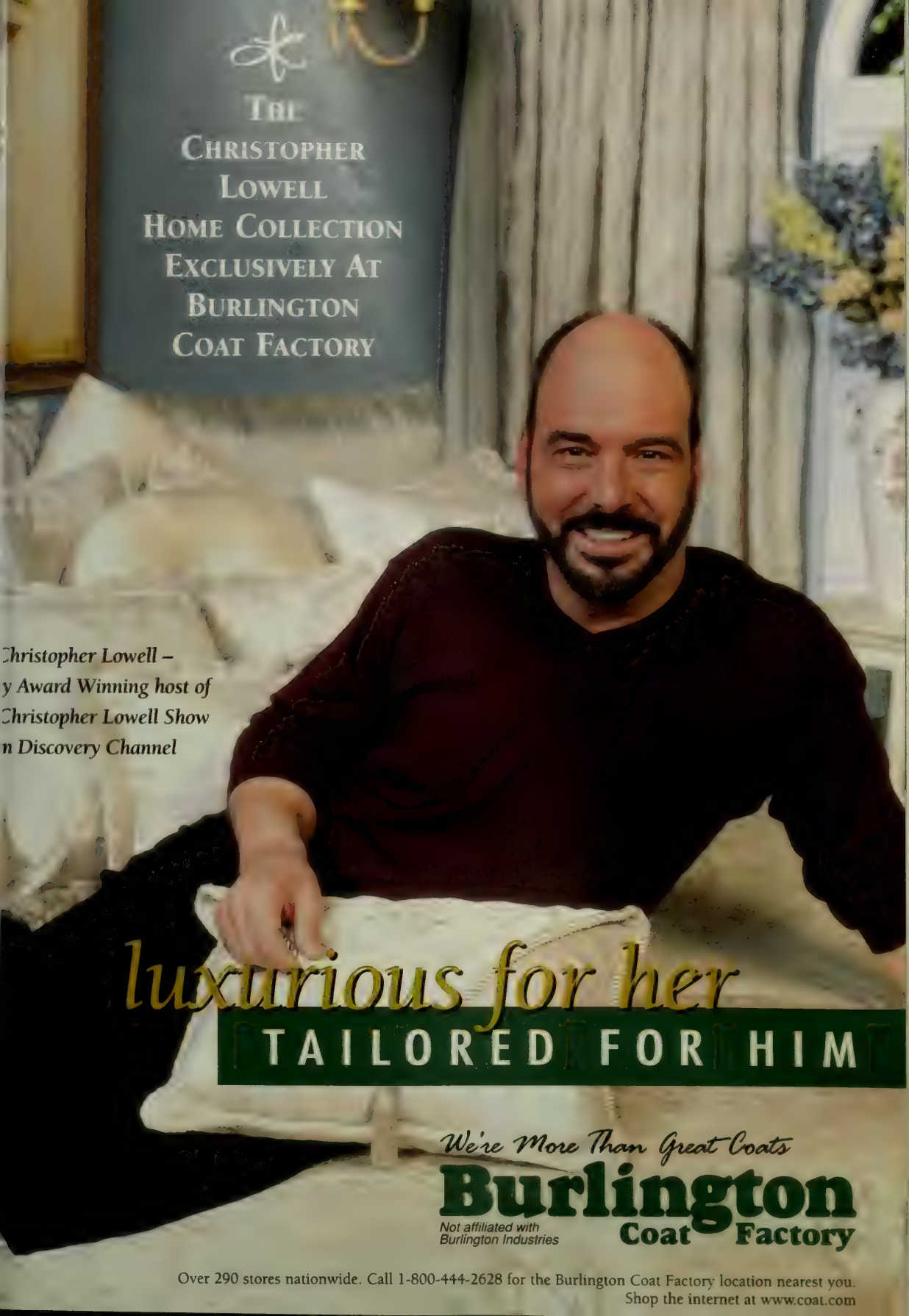
Licorice whips and gerbera daisies add hair-raising humor to an imaginative display. These skull vessels are actually folk-art mugs. You can find unusual holiday accessories at boutiques and arts and crafts galleries, but your best bet is to explore import stores that sell Day of the Dead paraphernalia from Mexico—authentic alternatives to conventional decorations.



## CORNY FLOWERS

Candy corn makes colorful filler for tabletop displays. In our jar, flower stems are inserted into separate vials and surrounded by candy, which acts as a frog to keep the flowers in place. You could also put a vase inside a vase, and add candy using a funnel. Old-fashioned calendulas match the color scheme. Small dahlias or mums are also options.

continued on page 52




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# Halloween Dress-Ups

continued from page 50



## PORTABLE PUMPKINS

This substantial centerpiece-on-the-go graces a dining table between meals, then is easily moved to a sideboard during dinner. An antique wire basket makes a great container choice because you can pack in a variety of pumpkin colors and sizes, and all will be seen. Top the grouping with sprigs of dried bittersweet, and ground the arrangement on a swath of orange, red, or yellow fabric.



## VERY BERRY

The stark lines of colorful, dried bittersweet (widely available at this time of year) are softer when you use gently curved branches with some leaves still attached. The sharp orange and yellow of the berries show up best against a mellow background—here, golden wood and a weathered ceramic vase. Dried branches are perfect for old vases that can no longer hold water.

continued on page 54




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# Halloween Dress-Ups

continued from page 52



## GREAT GOURDS

Gourds are the fruits of fall, and they make an elegant display when massed. The trick is to pick gourds in a variety of shapes and patterns, but in the same color family. We've used pale oranges and yellows accented with green. Group the gourds on a chunky, flat basket and surround with altar candles—about $2 each at many grocery stores.



## CANDY CRACKERS

Treat yourself this Halloween with twists on a party favor called Christmas crackers. These look-alikes that don't snap are made from tissue paper rolls and cinched paper napkins. Add vibrant orange Chinese lanterns. For containers, use colorful pottery, such as these vintage Bauer pieces.

continued on page 56


NIVEA
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becomes a lotion...
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# Halloween Dress-Ups

continued from page 54



## FESTIVE FACES

These munchkin pumpkins will make you smile. Hollow out the pumpkins from the bottom, and hide miniature, battery-operated Christmas tree lights inside to make them glow. Nestle the group on a bed of confetti paper. To get a goofy, top-heavy head like our green-striped pumpkin, cut off the stem and replace it with a stem from a much larger pumpkin. Hot-glue in place.



## CRAZY DAISIES

Mums aren't the only fall flowers. Pick other casual blooms in orange and red, such as poppies or gerbera daisies. Crayon-colored gerbera daisies are especially playful, so match them to an equally playful vase. For a retro look, track down old lunch-box bottles in fun colors and patterns, such as black-and-orange stripes. You can find them at flea markets for less than $20.

Buying information, page 108


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01

## HOW TO EVALUATE MEDICAL RESOURCES

# WO

# ADVICE F

Unfortunately, computer skills are the only qualification needed to run a medical Web site. So to get the best health care, you have to make sure that the medical information you are using from the Web is reliable and trustworthy. For this reason, UnitedHealth Foundation is providing information from medical experts* to help you navigate the maze of Internet health information. By following these tips, you'll be able to figure out which Web sites provide reliable information from doctors and which ones provide information from the kid down the street.



*National Cancer Institute

# D YOU TAKE MEDICAL M YOUR NEIGHBOR'S TEEN-YEAR-OLD KID?

## YOU MAY ALREADY HAVE.

aside time to visit several sites. Be aware that a single site will ly not provide a comprehensive picture of what you need to know a condition. As many as four to six sites should often be visited.

d out who runs the site. Any good health-related site should make for you to learn who is responsible for the site and its information. ose attention to the credibility and credentials of the publisher.

o wrote the information? Is the author a physician, nurse ioner or other health professional? What are their credentials, ons and professional experience? What are their qualifications ting on the subject at hand?

at is the source of the information? Many health sites post ation collected from other Web sites. If the person in charge site did not create the information, then the original source d be clearly labeled and available for your assessment.

dical information on Web sites should be reviewed and ed on a regular basis. So be sure to look for a current date.

ok to see that there is a scientific basis for the information and ns that are offered. Look for references and citations so that you arn more about the topic and evaluate the quality of the information.

7. Look under "About this site" or "Mission statement" to find out the site's clear purpose.

8. Be skeptical of sites that are not well-known or government-sponsored because many are created and maintained for commercial reasons. The information on these sites may be accurate, but it is wise to consider the possibility that someone is trying to sell something by providing the information.

9. Any credible health site asking for personal information should tell you exactly what they will and will not do with it. Be certain that you read the site's privacy policy statements. And be sure you know why they are asking you to disclose personal medical information.

10. Share the information you gather from Internet sources with your health professional. Make sure you seek their input and recommendations about your Internet health sources, especially when it concerns conditions or treatment decisions.

We believe that the more you know about your health, the healthier you'll be. Keep this information and share it with your family and your doctor. For more in-depth information on evaluating the Web and any other health care questions, visit us at www.unitedhealthfoundation.org.



UnitedHealth Foundation

# ways with white

White china is to the tabletop what the little black dress is to the wardrobe: classic, versatile, and safe in a pinch. Food seems to look better—sharper, fresher—against a clean expanse of white. But there's more to this tried-and-true tableware than serving up a meal. White china, in all its variations and vintages, is a decorative art object in its own right.

Collectors adore it for its nuances—its subtle shifts in texture, glaze, or form. It's a treat to prowl sales and find all the pieces in a single pattern, but it may be even more fun to make a mix-and-match feast of many different whites.

For the most contrast, try arrangements against a weathered wood background. The creamy luster of white china makes the wood look its best, whether displayed inside an old pine cupboard or across a wormy-wood shelf. No matter how many pieces, a collection of sparkling white looks orderly and uncluttered. And shapely, too: Without color and pattern to detract, the eye can focus on the china's lovely form. Experiment with arrangements, such as stairstep, pyramid, or even all-the-same-size organizations.



Heavy serving pieces anchor the bottom of the pie safe (*above*); for visual balance, three white bowls are stairstepped across the top. Smaller pieces are stored in stacks for ready retrieval to the tabletop.



Marching across the top two cupboard shelves according to size, an assortment of creamware pitchers is crisply silhouetted against a warm pine backdrop (*right*). A touch of live ivy softens the white brigade, plus ties in with the ivy-trimmed china collection on the third shelf.



**sthma was:** a thief that stole the best times of my life.

**Advair is:** clinically proven to increase symptom-free days.

ADVAIR is an asthma product that's clinically proven to significantly improve lung function and increase symptom-free days, so you can do more of the things you want to do. That's because ADVAIR is the *first and only* product approved by the FDA to effectively treat the two main components of asthma: airway constriction and inflammation. All with one easy-to-use[1] DISKUS device. The clinical results were experienced by people taking ADVAIR 100/50, compared with people taking either fluticasone propionate 100 mcg or salmeterol 50 mcg (inhalation powders) alone.

ADVAIR won't replace fast-acting inhalers for sudden symptoms and should not be taken more than twice a day. People switching from an oral steroid, like prednisone, to ADVAIR, which contains an inhaled steroid, need to be especially careful. While adjusting to the switch, your body may not be as able to heal after surgery, infection, or serious injury. If you have heart or blood pressure problems, tell your doctor. Some people may experience a change in heart rhythm. See your doctor if your asthma does not improve.

ADVAIR is for patients 12 and older. Ask your doctor if it's right for you. For more information, visit us at ADVAIR.com or call 1.877.4.ADVAIR.



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ADVAIR DISKUS 100/50
(fluticasone propionate 100 mcg and salmeterol 50 mcg inhalation powder)

Life should take your breath away, not asthma.

Please see important information on the following page.

# ADVAIR DISKUS 100/50

## (fluticasone propionate 100, 250, 500 mcg and salmeterol 5

### WHAT IS ADVAIR DISKUS?

ADVAIR is the brand name of a twice-a-day asthma product that conta
bionate and salmeterol. DISKUS is an inhalation device used to deliver an
inhaled anti-inflammatory belonging to a group of medicines commonly
by reducing inflammation (swelling and irritation) of the airways. Sal
chodilator belonging to a group of medicines commonly referred to a
vent bronchospasm (constriction of the muscles surrounding the
ADVAIR DISKUS that contain 100, 250, or 500 mcg of fluticasone
50 mcg of salmeterol per dose

### What should I know before taking ADVAIR?

**ADVAIR should not be used for relief of sudden asthma symptoms.** Your doctor will prescribe a **fast-acting inhaler (such as albuterol) to relieve sudden symptoms that may occur despite regular use of ADVAIR.**

ADVAIR should not be used to treat a severe episode of asthma
treatment

**YOU SHOULD NOT START TAKING ADVAIR IF YOUR ASTHMA IS BECOMING SIGNIFICANTLY OR RAPIDLY WORSE, WHICH CAN BE LIFE THREATENING. Serious respiratory events,** including death, have been reported in people **who started taking salmeterol in this situation, although it is not possible to tell whether salmeterol contributed to these events or if it simply failed to relieve the worsening asthma. In most cases these occurred in people whose asthma was rapidly worsening. They have also occurred in a few patients with less severe asthma.**

**If you are using your fast-acting inhaler more frequently or are taking more doses, it could be a sign that your asthma is getting worse. If this occurs, tell your doctor immediately. If you've been using a fast-acting inhaler regularly (e.g., 4 times a day), your doctor will tell you that this is no longer necessary once you are taking ADVAIR, and that you should use your fast-acting inhaler for sudden symptoms only.**

**WARNING: ADVAIR should not be used to switch from an oral steroid like prednisone to an inhaled steroid. People switching from an oral steroid to ADVAIR, which contains an inhaled steroid, need to be especially careful. Although inhaled steroids may provide control of asthma symptoms, while adjusting to the switch, your body is not as able to heal after surgery, infection (e.g., stomach flu), or serious injury. You should carry a warning card indicating you may need oral steroids during periods of stress or a severe asthma attack.**

You should not take ADVAIR if you have had an allergic reaction to salmeterol, fluticasone propionate, or lactose in the past

### Important Safety Considerations with ADVAIR:

Sometimes patients experience unexpected bronchospasm right after taking ADVAIR. This condition can be life threatening, and if it occurs, you should stop taking ADVAIR and contact your doctor immediately

In rare cases, people are allergic to ADVAIR. If you immediately experience choking, difficulty inhaling, rash, hives, itching, or welts on the skin, you may be having an allergic reaction. Stop using ADVAIR and contact your doctor immediately

Salmeterol is a beta-agonist belonging to a class of drugs that can affect the circulatory system in some patients as measured by heart rate and blood pressure and/or cause symptoms like heart fluttering, chest pain, rapid heart rate, tremor, or nervousness. These symptoms are uncommon at the recommended dosage. If they occur, ADVAIR may need to be stopped. Changes may also occur in the electrocardiogram (ECG), although the importance of this is not known

Your doctor may be cautious about giving you ADVAIR if you have heart disease, especially coronary artery disease, irregular heartbeat, or high blood pressure. ADVAIR should also be used with caution by people with seizures or overactive thyroid gland, and those who are unusually responsive to this class of drugs

When given intravenously, albuterol, a drug with a similar chemical structure to salmeterol, can worsen diabetes. These drugs may cause low blood potassium in some people, which may lead to side effects like an irregular heart rate. Significant changes in blood sugar and/or potassium were rare in clinical studies with ADVAIR at recommended doses.

Taking steroids can affect your body's ability to make its own steroid-like hormones, which are needed during infections and times of severe stress to your body, such as an operation. Although much more common with oral steroids, these effects can be seen with inhaled steroids, especially when taken at higher than recommended doses. Inhaled steroids often permit control of asthma symptoms with less systemic side effects. Because patients' sensitivity to steroid side effects varies, talk to your doctor about using the lowest strength of ADVAIR for your asthma

Tell your doctor if you have been exposed to or currently have chicken pox or measles. Chicken pox and measles, for example, can be more serious or even fatal in susceptible people taking corticosteroids

Inhaled corticosteroids may cause a reduction in growth velocity. Talk to your doctor about using the lowest strength of ADVAIR for your asthma

ADVAIR should be used with caution, if at all, in people with tuberculosis, herpes infections of the eye, or other untreated infections

People taking ADVAIR may develop yeast infections of the mouth and/or throat that should be treated by their doctor

If you have been switched from an oral steroid to ADVAIR, allergy symptoms, eczema, or arthritis may be uncovered. During oral steroid withdrawal, patients may experience joint/muscle pain, tiredness, or depression, even though their asthma symptoms may be the same or better

In rare cases, people taking ADVAIR may develop serious conditions that often require oral steroid treatment. Symptoms can include rash, worsening breathing problems, heart complications, and/or a feeling of "pins and needles" or numbness in the arms and legs. These conditions are usually but not always associated with reduction/withdrawal of oral steroids following the introduction of ADVAIR. Although ADVAIR has not been shown to cause these conditions, you must tell your doctor right away if you develop any of these symptoms

Rare instances of glaucoma, increased pressure in the eyes, and cataracts have been reported with inhaled corticosteroids, including fluticasone propionate

### How should I use ADVAIR?

**ADVAIR should never be taken more than one inhalation twice daily.**

You may see a benefit within the first 30 minutes after taking your first dose of ADVAIR, but the full benefit may take 1 week or longer. Each dose of ADVAIR will last for 12 hours or longer

If you use ADVAIR regularly, you should not take additional salmeterol for the treatment of exercise-
for any other reason

### What should I know about the DISKUS device?

• Never breathe into the mouthpiece • Never breathe out or take the DISKUS apart • Always use the DISKUS in a level position • Never wash any part of the DISKUS and always keep it dry • Discard **1 month** after removal from the foil pouch

Do not use ADVAIR with a spacer device

### Can I take ADVAIR with other medications?

When taking ADVAIR, use all medications exactly as prescribed

ADVAIR should be used with extreme caution during and up to 2 weeks after treatment with monoamine oxidase (MAO) inhibitors or tricyclic antidepressants since these medications can cause ADVAIR to have an even greater effect on the cardiovascular system

No drug interaction studies have been performed with ADVAIR. In clinical studies, there was no
in side effects when ADVAIR was taken with methylxanthines (e.g., theophylline). There were no di
in steroid side effects whether ADVAIR was taken with or without FLONASE®

In clinical studies, there were no differences in effects on the heart when ADVAIR was taken wit
amounts of albuterol. However, the effect of using ADVAIR while taking more than 9 puffs a day of
has not been studied

Generally, people with asthma should not take beta-blockers because they counteract the effects
agonists and may also cause severe bronchospasm. However, in some cases, for instance, followin
attack, selective beta-blockers may still be used if there is no acceptable alternative.

The ECG changes and/or low blood potassium that may occur with some diuretics may be made
ADVAIR, especially at higher than recommended doses. Caution should be used when these drugs
together.

ADVAIR should be used with caution in people who are taking ketoconazole (an antifungus medic
other drugs broken down by the body in a similar way. These medications can cause ADVAIR to ha
steroid side effects.

### What are the possible side effects of ADVAIR?

In studies with asthma patients taking either placebo, ADVAIR DISKUS 100/50, ADVAIR DISKUS
fluticasone propionate 100 mcg, fluticasone propionate 250 mcg, or salmeterol 50 mcg, the sid
more common with either strength of ADVAIR than placebo (which may or may not have been relat
drug) were upper respiratory infection (14% for placebo, 27% for ADVAIR DISKUS 100/50, 21% fo
DISKUS 250/50, 29% for fluticasone propionate 100 mcg, 25% for fluticasone propionate 250 mcg, a
for salmeterol 50 mcg); sore throat (6%, 13%, 10%, 7%, 12%, and 8%, respectively); upper re
inflammation (5%, 7%, 6%, 7%, 8%, and 8%); sinus infection (4%, 4%, 5%, 6%, 1%, and 3%)
ness/voice change (<1%, 5%, 2%, 2%, 4%, and <1%); yeast infection of the mouth (0%, 1%, 4%,
and 0%); viral respiratory infections (3%, 4%, 4%, 4%, 10%, and 6%); bronchitis (2%, 2%, 8%,
and 2%); cough (2%, 3%, 6%, 0%, 0%, and 3%); headaches (7%, 12%, 13%, 14%, 8%, and 10
sea and vomiting (1%, 4%, 6%, 3%, 4%, and 1%); stomachache (1%, 4%, 1%, 0%, 2%, and 1
rhea (1%, 4%, 2%, 2%, 2%, and 1%); gastrointestinal flu (2%, 3%, 0%, 3%, 1%, and 2%); yeast
unspecified site (1%, 3%, 0%, 1%, 4%, and 0%); and muscle pain (3%, 4%, 2%, 1%, 5%, and
Side effects that occurred in 1% to 3% of people taking ADVAIR were swollen glands, muscle injur
ken bones, cuts, burns and bruises, allergy symptoms, ear, nose, and throat infections, nosebl
infections, stomach pains, intestinal problems (e.g., appendicitis, pain, infections), sores or pa
mouth, toothache, abnormal liver function tests, lung infections (e.g., pneumonia), muscle an
aches and pains/stiffness, sleeping problems, tremors, feeling of pinched nerves, viral and bacter
tions, fluid retention, unusual taste, skin infections, hives, skin itching/flakiness, and sweating

The adverse events in a study with ADVAIR DISKUS 500/50 were similar to those above

Other reported side effects with ADVAIR include: signs of steroid excess (e.g., weight gain, skin
diabetes), paleness, agitation, aggression, sun-sensitivity rash, menstrual problems, pelvic pain, a
nal pain/infections.

The long-term effects of ADVAIR are not fully known. However, some patients have received inha
casone propionate continuously for 3 years or longer. No differences in the type or severity of
events were observed after long- (2 years) versus short-term treatment with fluticasone propionate

### What if I am a child or elderly?

The safety and efficacy of ADVAIR in children less than 12 years of age has not been established. H
in one 12 week study in patients 4 to 11 years of age, side effects were similar to those seen in pat
years of age and older.

Studies have shown that inhaled corticosteroids may reduce growth rates in children with asthma.
occur even if there are no other signs of systemic effects of the medication. The long-term effec
reduction in growth rate from inhaled corticosteroids including the impact on final adult height are u
The potential for "catch up" growth after stopping inhaled corticosteroids has not been adequately
Your doctor may monitor the growth rate of children or adolescents taking ADVAIR. The potentia
effects of long-term treatment should be weighed against the clinical benefit. Each patient should b
ed to the lowest strength that effectively controls their asthma.

In clinical studies, the overall safety of ADVAIR in people with asthma over 65 was similar to that in
people. No change in dose is needed in older people. Special caution should be used in older peo
heart disease.

### What if I am pregnant or nursing?

You should consult with your doctor before taking ADVAIR if you are pregnant or nursing

There have been no studies of ADVAIR used during pregnancy, labor, or in nursing women. Salm
known to interfere with labor contractions. It is not known whether ADVAIR is excreted in breast m
other corticosteroids have been detected in human breast milk. Talk to your doctor about the bene
risks of using ADVAIR during pregnancy, labor, or if you are nursing

### What happens if I take too much ADVAIR?

Increasing doses of ADVAIR were associated with a higher frequency of tremor, nervousness, and he
tering. Deaths have been reported with the excessive use of the class of drugs to which salmeterol
Doses of inhaled or oral salmeterol 12 to 20 times higher than recommended have been associated w
nificant effects on the heart.

Overdosing with ADVAIR is potentially dangerous. If you overdose with ADVAIR, stop taking the me
and seek immediate medical attention. Signs and symptoms of chronic overdose with fluticasone pro
are those of steroid excess (e.g., weight gain, diabetes). The expected signs and symptoms of ove
with salmeterol are similar to those for other beta-agonists and include irregular or rapid heartbe
vousness, tremor, headache, muscle cramps, seizures, and chest pain.

### What other important tests were conducted with ADVAIR?

Like most prescription drugs, ADVAIR was required to be tested on animals before it was allowed for
use. There is no evidence of enhanced toxicity with ADVAIR compared with the components taken
separately. Fluticasone propionate, like other corticosteroids, has been associated with birth defects
mals (e.g., cleft palate and fetal death). In animal studies with doses much higher than those
humans, salmeterol was associated with uterine tumors. No effect on fertility in rats was seen at 18
the maximum recommended daily dose for salmeterol. Your healthcare professional can tell you a
how drugs are tested on animals and what the results of these tests may mean about safety for you

**If you have any further questions about ADVAIR, talk to your doctor, visit our Web**
**ADVAIR.com, or call 1.877.4.ADVAIR.**

**Reference: 1.** Boulet et al. Comparison of Diskus™ inhaler, a new multidose powder inhale
Diskhaler™ inhaler for the delivery of salmeterol to asthmatic patients. *J Asthma*. 1995; 32:41-5

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by Dan Weeks



Raised-panel detailing helps this computer desk blend right into the woodwork in a 1930s home.

# At Home with The Computer

Active families mean active kitchens. What better place to serve up a home's computer? But before you swap the food processor for a data-processing unit, figure out how you use your kitchen—and where the kids spill grape juice, splatter pancake batter, and (maybe) even do some occasional homework. Then, pick a strategic spot for your computer station.

Chris and Neil Clemmons' computer desk (*above*) is built near busy cooking and eating areas of their Wilmette, Illinois, home. But the desk is slightly removed from the room's main throughfares. This convenient location and the desk's efficient design allow the computer to become a kitchen side dish, catering to all the family's members.

continued on page 66


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## with the Computer

page 64



Chris and Neil wanted a computer to be at the center of their home—but not on top of their breakfast table. So they had a custom-built desk installed between the kitchen and the eating area. Drawers accommodate everything from children's art supplies to files of household papers. The couple chose a small, flat-screen online organizer (which has since been discontinued by the manufacturer) to maximize space. Yet, the device lets family members surf the Internet and stay in touch with the rest of the world via e-mail—while still being in the heart of their home.

Buying information, page 108



A bar-height cabinet hides desk clutter from view of the adjacent breakfast area (*above*). The raised surface provides a handy serving counter for buffets. The door side of the cabinet (*right*) stores dishes, linens, and tableware.

# Katie's First Year

## by Mommy and Daddy




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# Thomas Kinkade's Simpler Times—a year-long celebration

The timeless art of *Painter of Light™ Thomas Kink* now appears for the first-time ever in a series of h numbered, limited-edition calendar plates with a hardwood display. The 12 plate *Thomas Kinkade's Sim Times* collection by the recent NALED Plate of the winner is perfect for making a special occasion of e day of the year.

From "January—Lamplight Bridge" to "Decemb Victorian Christmas," the collection is a year-long celebra of some of America's most beautiful and sought-after

Created on fine porcelain banded in 22-karat gold, of the 12 collector's plates offers a delightful scene f the original work of Thomas Kinkade—acclaimed America's most-collected living artist. These plates c with an attractive, hardwood calendar display and 55 and special occasion tiles—a $75 value—yours FREE

Thomas Kinkade's exceptional works are in g demand nationwide. Each plate is issued in an edi strictly limited to just 95 firing days and is backed by Bradford Exchange 365-day money-back guarantee. So acquire the *Thomas Kinkade's Simpler Times* collectio at the $29.95 per plate issue price—beginning v "January—Lamplight Bridge," you're advised to immediately. Send no money now. Just complete and the coupon today.



**Calendar includes 33 har wood date tiles, 7 blank ti and 15 "special day" tile**

Tiles shown smaller than actual size



Calendar display measures approximately 23 inches H. x 10½ inches W. No assembly required.

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365 Day Gua

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This is the first collector's-plate calendar series from *Painter of Light™* Thomas Kinkade—Bradford Exchange Plate Artist Hall of Fame inductee

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## THE BRADFORD EXCHANGE

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*Plus $4.99 postage and handling per plate. **One-time charge of $8.99 postage & handling for calendar display. Illinois residents add state sales tax. Pending credit approval. Editions limited to 95 firing days. Prices higher in Canada. My FREE calendar display will be shipped after I pay for the first plate.

©1999 BGE 62532-GXD

# Now That The Kids Are Gone

by Laura O'Neil

Fond memories aside, Sue and Duane Reed of Clyde Hill, Washington, looked longingly at the space of one unused bedroom upstairs. It belonged to a son who had graduated from college and was no longer living at home. The couple agreed that their master suite would be "sweetened" immensely if they annexed his bedroom. So, the walls came down, and the space was reconfigured for a new life stage. The cozy reading balcony is now hooked into the crook of an open staircase, and remaining square footage enlarged the existing master closets and bathroom.











BEFORE

Sue and Duane Reed routinely relax in the airy new reading nook (*above*). "It's not so separate that you feel isolated from the rest of the house," says Sue. "And, the closet space in our bedroom has doubled!" Before, the couple had two smaller closets. The new walk-in is so organized that it can accommodate clothing separated to go to the cleaners or laundry.

PORK FILETTINO & CHIANTI RISERVA



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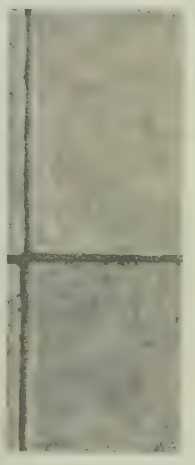
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*This Is One Tough Floor™*




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## RIP, TEAR AND GOUGE TEST



*Armstrong ToughGuard*



*Ordinary Vinyl*

In a controlled test, a foot loaded with weight is pulled across a vinyl floor to simulate moving a heavy object without proper protection. These photos represent the result for a ToughGuard floor as compared to most similarly priced vinyl floors

by James A. Hufnagel



# Laundry Lessons

If the clothes care center at your house gets only passing grades, here's a tutorial that can help put it at the head of the class.

**[Form Follows Function]** A California quilter pieced together the elements of her laundry/sewing room (*above*) as carefully as she would one of her handmade quilts. She wanted ample work space to accommodate two sewing machines, organized storage for threads and fabrics, laundry equipment, plus an under-counter refrigerator for soft drinks—all in a new 12×12-foot room.

Counters placed at two different levels are clad in stainless steel, which resists scratching from scissors and pins. "I wanted the lower counter for the sewing machines," she explains. "Setting one countertop on a diagonal gives extra depth for sewn material and allows space on either side for a level feed into the machines. I wanted it deep and wide enough so I could position the machines."

continued on page 76

# Where Quaker Oatmeal strikes, cholesterol fears to tread.






already know that Quaker Oatmeal lowers your cholesterol. But do you know how?
ker Oatmeal **actually removes cholesterol** from your body. Simply put, the oat
ble fiber in every warm, yummy bowl finds cholesterol and soaks it up. Your
dstream can't absorb it, so your cholesterol number goes down. Just enjoy it each
and let cholesterol be very, very afraid.




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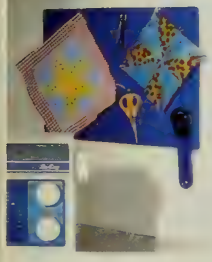
For more information, visit www.quakeroatmeal.com or call 1-800-770-4091.

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## Laundry Less

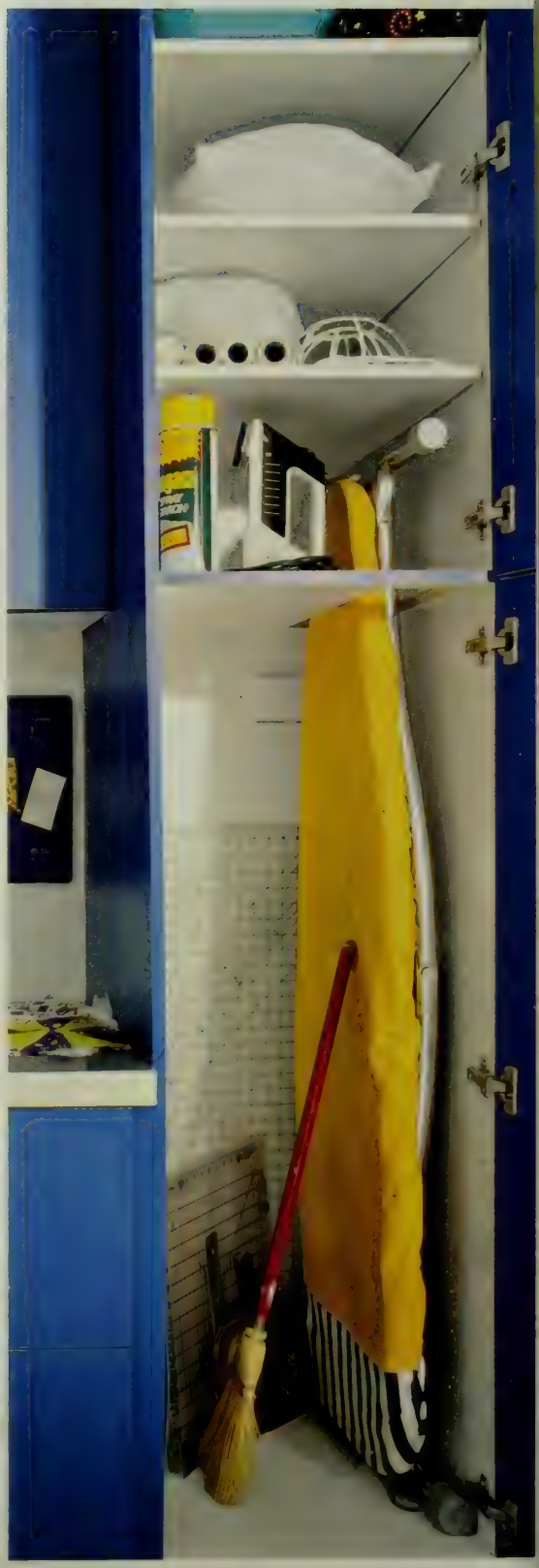
continued from page 7



Storage within [illegible] of the sewing machine was carefully tailored to hold quilting supplies. Shelves in the cabinets above fit the dimensions of clear plastic boxes that keep fabrics visible but protected. A thin drawer beneath the machines holds needles, bobbins, scissors, and rulers. Another drawer has spindles that organize spools of thread.

Cabinets for laundry items are equally well-planned. A tall cabinet to the right of the machines features a shelf with a hole for one end of an ironing board, allowing upright storage. The same cabinet also has hangers for quilts, and a baseball cap dryer form for the family's Little League players. Laundry baskets sort white and colored items, and there's even a small basket for odd socks that lost their mates.

"I love blue," the owner says, so all of the cabinets are clad in rich blue laminate that wipes clean in a jiffy.



Upper cabinets (*top left*) extend fabric storage to the ceiling, whereas base cabinets (*below*) conveniently stash the dirty laundry. Colored items go into a blue basket; whites go into a white basket. An ironing cabinet (*right*) includes a shelf that makes room for the board without sacrificing shelf space.

continued on page 78



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# Laundry Lessons

continued from page 76



Raising standard base cabinets 3 inches elevates this countertop for greater comfort. Baskets for sorting clothes slide into open niches at the left, and a cherry curtain rod between the wall cabinets serves as a clothesline for sun-drying at the south-facing window.

[Rise to the Occasion] Standard 36-inch-high countertops work fine for most people, but if you're taller than average or suffer from a back problem, you may want to add a few inches to that dimension. That's what Chris and Neil Clemmons did with the counters in their sunny 9×10-foot laundry room. "This makes folding laundry much easier," says Chris, who stands when doing counter work. Rubber flooring further eases back strain, and it features a handy floor drain. The countertop isn't just for folding clothes. A stool serves the Clemmons' two young sons, who like to paint in the room. The walls provide gallery space for their artwork.

continued on page 80





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*1 C chopped onion*
*1 2 t salt*
*2 eggs*
*1/2 C Bisquick*
*1 C milk*
*1 C shredded cheddar cheese*

*Heat oven to 400°. Grease 9" pie plate. Cook beef and onion until beef is brown; drain. Spread in pie plate; sprinkle with salt and cheese. Stir remaining ingredients until blended. Pour into pie plate. Bake 25 minutes.*






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A window over the treatment sink (*above*) provides a good view of the goings-on outside. Storage underneath holds buckets and cleaning supplies. Detergent, fabric softener, and pretreatment sprays go into a handy lift-top clothes care caddy (*below*) between the washer and dryer.

## NUMBERS TO KNOW

- Plan on a 36-inch clearance space in front of a top-loading washer and a 42-inch clearance space in front of a front-loading dryer.
- Allow at least a 36-inch length of countertop for folding and stacking laundry.
- Install cabinets above a top-loading washer high enough so the washing machine door can fully open. (As a rule, it's best to locate the bottom of the cabinet 54 to 57 inches above the floor.)
- Set up a portable ironing board at a comfortable height to determine the height needed for installing a built-in ironing board. Allow 36 inches of space beside the board for moving around.

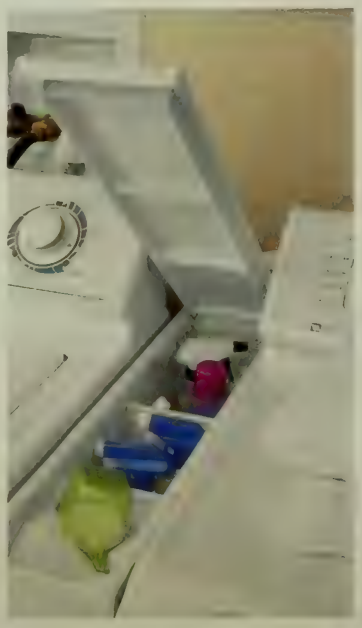
# Laundry Lessons

...ge 78

...sher, dryer, and sink are arrayed along the wall opposite the cabinets. The sink counter is convenient for treating clothes and for cleaning up the kids' paint projects. And, because the laundry is located just off a mudroom near the back door, the Clemmons' sons can wash their hands or peel off dirty clothes and leave them right here.

Although Chris and Neil's laundry has plenty of room for larger, deluxe appliances, you can fit an efficient clothes care center into a smaller space. Washers and dryers measure from 24 to 30 inches wide, which means you could house a stacked set in a closet just 2 feet across.

Buying information, page 108




**RIMADYL®**
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***Non-steroidal anti-inflammatory drug***
**For oral use in dogs only**

**CAUTION**: Federal law restricts this drug to use by or on the orde... licensed veterinarian

**DESCRIPTION**: Rimadyl (carprofen) is a non-steroidal anti-inflammatory... of the propionic acid class that includes ibuprofen, naproxen, and ket...

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**CONTRAINDICATIONS**: Rimadyl should not be used in dogs exhib... hypersensitivity to carprofen

**PRECAUTIONS**: As a class, cyclo-oxygenase inhibitory NSAIDs ma... associated with gastrointestinal and renal toxicity. Effects may r... decreased prostaglandin production and inhibition of the enzym... oxygenase which is responsible for the formation of prostaglandi... arachidonic acid. When NSAIDs inhibit prostaglandins that cause... tion they may also inhibit those prostaglandins which maintain no... static function. These anti-prostaglandin effects may result in cl... cant disease in patients with underlying or pre-existing disease m... than in healthy patients. NSAID therapy could unmask occult dise... has previously been undiagnosed due to the absence of apparent ... Patients with underlying renal disease for example, may experienc... tion or decompensation of their renal disease while on NSAID ther...

Carprofen is an NSAID, and as with others in that class, adverse r... may occur with its use. The most frequently reported effects have ... trointestinal signs. Events involving suspected renal, hematologic, ... dermatologic, and hepatic effects have also been reported. Patien... risk for renal toxicity are those that are dehydrated, on concomitant di... py, or those with renal, cardiovascular, and/or hepatic dysfunction. Se... NSAIDs possess the potential to induce gastrointestinal ulceration, co... use of Rimadyl with other anti-inflammatory drugs, such as corticoste... NSAIDs, should be avoided or very closely monitored. Sensitivity to dru... adverse reactions varies with the individual patient. For example, Rim... treatment was not associated with renal toxicity or gastrointestinal u... well-controlled safety studies of up to ten times the dose in dogs.

Rimadyl is not recommended for use in dogs with bleeding disorde... Von Willebrand's disease), as safety has not been established in d... these disorders. The safe use of Rimadyl in pregnant dogs, dogs u... breeding purposes, or in lactating bitches has not been establishe... determine the activity of Rimadyl when administered concomitantl... protein-bound drugs have not been conducted. Drug compatibility ... monitored closely in patients requiring additional therapy.

Due to the palatable nature of Rimadyl chewable tablets, store out ... dogs in a secured location. Severe adverse reactions may occur if ... ties of tablets are ingested. If you suspect your dog has consume... chewable tablets above the labeled dose, please call your veterin... immediate assistance and notify Pfizer Animal Health (1-800-366-...

**INFORMATION FOR DOG OWNERS**:
Rimadyl, like other drugs of its class, is not free from adverse reactio... should be advised of the potential for adverse reactions and be int... the clinical signs associated with drug intolerance. Adverse reactio... include decreased appetite, vomiting, diarrhea, dark or tarry stools, ... water consumption, increased urination, pale gums due to anemia, ... of gums, skin or white of the eye due to jaundice, lethargy, incoord... seizure, or behavioral changes. **Serious adverse reactions associa... this drug class can occur without warning and in rare situations r... death (see Adverse Reactions). Owners should be advised to disc... Rimadyl therapy and contact their veterinarian immediately if sign... erance are observed.** The vast majority of patients with drug relate... reactions have recovered when the signs are recognized, the drug is ... and veterinary care, if appropriate, is initiated. Owners should be ad... importance of periodic follow-up for all dogs during administration of ...

**WARNINGS**: Keep out of reach of children. Not for human use. Con... physician in cases of accidental ingestion by humans. **For use in dog...** Do not use in cats.

All dogs should undergo a thorough history and physical examination ... initiation of NSAID therapy. Appropriate laboratory tests to establish ... ical and serum biochemical baseline data prior to, and periodically d... administration of any NSAID should be considered. **Owners should be... observe for signs of potential drug toxicity (see Information for Dog O... Adverse Reactions)**

**ADVERSE REACTIONS**: During investigational studies for the caplet ... tion, no clinically significant adverse reactions were reported. Som... signs were observed during field studies (n=297) which were simila... carprofen caplet- and placebo-treated dogs. Incidences of the follo... observed in both groups: vomiting (4%), diarrhea (4%), changes in a... (3%), lethargy (1.4%), behavioral changes (1%), and constipation (0.... product vehicle served as control.

During investigational studies for the chewable tablet formulation, gast... signs were observed in some dogs. These signs included vomiting and ...

**Post-Approval Experience**: Although not all adverse reactions are reg... following adverse reactions are based on voluntary post-approval a... drug experience reporting. The categories of adverse reactions are ... decreasing order of frequency by body system.

Gastrointestinal: *Vomiting, diarrhea, inappetence, melena, hematem... gastrointestinal ulceration, gastrointestinal bleeding, pancreatitis.*

Hepatic: *Inappetence, vomiting, jaundice, acute hepatic toxicity, hep... enzyme elevation, abnormal liver function test(s), hyperbilirubinemia, ... bilirubinuria, hypoalbuminemia. Approximately one-fourth of hepatic ... were in Labrador Retrievers.*

Neurologic: *Ataxia, paresis, paralysis, seizures, vestibular signs, diso...*

Urinary: *Hematuria, polyuria, polydipsia, urinary incontinence, urinar... infection, azotemia, acute renal failure, tubular abnormalities includi... tubular necrosis, renal tubular acidosis, glucosuria.*

Behavioral: *Sedation, lethargy, hyperactivity, restlessness, aggressiv...*

Hematologic: *Immune-mediated hemolytic anemia, immune-mediated ... cytopenia, blood loss anemia, epistaxis.*

Dermatologic: *Pruritus, increased shedding, alopecia, pyotraumatic ... dermatitis (hot spots), necrotizing panniculitis/vasculitis, ventral ecch...*

Immunologic or hypersensitivity: *Facial swelling, hives, erythema.*

In rare situations, death has been associated with some of the advers... tions listed above.

For a copy of the Material Safety Data Sheet (MSDS) or to report a susp... adverse reaction call Pfizer Animal Health at 1-800-366-5288.

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etary market research; 2000. Data on file, Pfizer Animal Health. © 2001 Pfizer Inc 2640

# Clutter-Buster Closets

by James A. Hufnagel

However your closets are performing now, chances are they can work even harder if you help them along with some space-saving tricks and extra planning. Here are a few storage-savvy strategies to get you started.



**Here's looking at U.** Sage green cabinetry and elegant silk draperies give this U-shaped dressing area a serene, sophisticated air. Interior designer Janet Dunbar arrayed drawers and glass-door closets in the master suite's walk-in closet so everything would be within homeowner Glenn Youell's reach.

Like any well-equipped closet, this dressing area provides three specific types of storage: hanging space for long items (behind the tall doors in the background); tiered double-hanging space that accommodates blouses and slacks (behind doors to the left); and space for folded items (in drawers to the right).

continued on page 84




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A built-in maple chest (*above, top* and *center*) includes divided drawers for lingerie, plus shelves for bulky items, such as sweaters. Another custom cabinet (*above, bottom*) stashes boots, gloves, and other accessories. For a dash of elegance, designer Laura Birns specified contemporary hardware pulls on all the cabinetry.

## Clutter-Bu[illegible]s

continued from p[illegible]

Borrowe[illegible] reorganize this walk-in master closet, interior designer Laura Birns started by extending it roughly 2 feet into a neighboring closet. Next she brightened it with a skylight that brings in natural light, and added a combination of open and closed storage.

Lined with cedar, the expanded closet features a built-in bureau; full-height and double-hung clothes rods; shelving for handbags, hats, and packaged hosiery; enclosed storage for sweaters; and an expansive bank of shoe shelves built on a tilt for easy viewing.

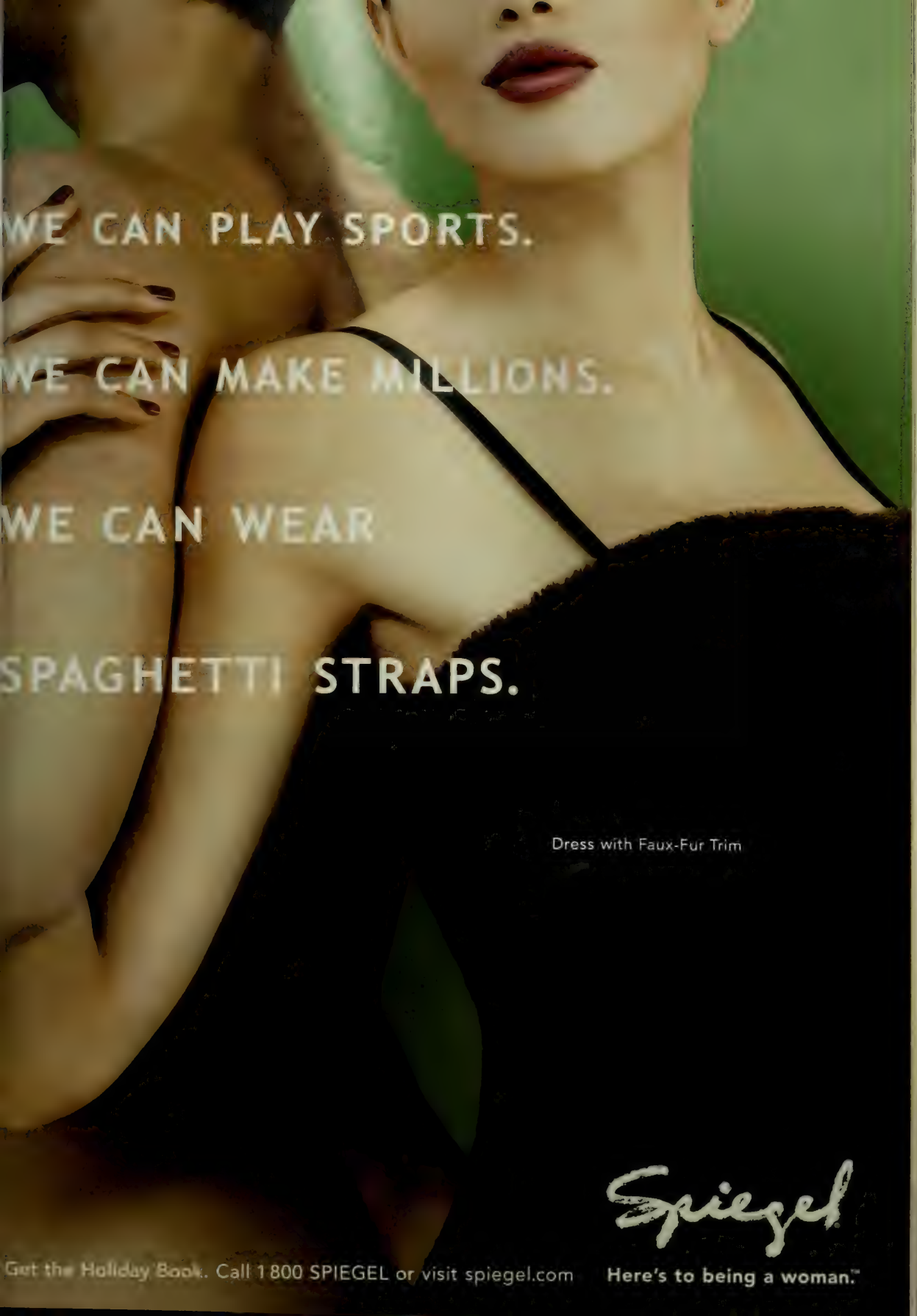
Here are several basic dimensions to help you plan your closet.

- A typical closet rod is 65 to 69 inches above the floor and 12 to 14 inches from the wall (allowing for standard-size hangers).
- If you use two closet rods, the top one should be 76 to 84 inches above the floor, the lower one 36 to 42 inches above the floor.
- Rod length should run 20 inches for every ten shirts or blouses.
- A top shelf is usually 84 inches above the floor, which often leaves room for another shelf below it.

continued on page 86



Every inch of space was important here (*below*), so Laura installed top-to-bottom shelving, rods, and bureaus for her client's extensive wardrobe. Everything, from casual to formal, is instantly accessible.


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## Clutter-Buster

continued from page 84



**Looking up.** One good way to fit more into a closet is to plan storage that reaches all the way to the ceiling. Those upper shelves will be harder to reach, but they work fine as places to stow suitcases, out-of-season clothes, and rarely used items. The four closets shown here, two designed for men and two for women, show different approaches to altitude adjustment.



The open storage units (*upper left*) line the approach to a man's master bath with double-tier hanging space for suits and shirts, adjustable shelving, and even a compact vanity with mirror and hair dryer.

The man's vanity (*lower left*) started out as a woman's vanity with a much lower counter height. Interior designer Anita Carpenter raised its arched mirror and incorporated a new built-in panel-front dresser. In the same home, the woman's closet (*upper right*) was designed so that all its contents are on view as soon as the door is opened.

In the dressing area (*lower right*) the homeowners reached for the ceiling with hutches and an armoire made from stock kitchen cabinets, birch plywood, and crown molding—all painted white to match wainscoting in the bathroom. Dresser tops are surfaced with marble left over from the bathroom floor.

continued on page 88





Raising open built-ins (*upper left*) from the floor by 4 inches keeps the area free of clutter. Simple panel doors flank a built-in dresser (*lower left*), for a smart and sleek dressing area. Raising the closet rod made room for shoe cubbies underneath (*top right*). Each of the marble-tiled dressers (*right*) has an outlet for a cell phone charger and a lamp.




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# Clutter-Buster Closets

continued from page 86




This drawing gives closet dimensions based on standards set by the American Institute of Architects. The storage proportions shown are for typical items that go into a closet, but you'll need a few extra inches of clearance for moving hangers in and out.

## Planning pointers.

The first step in making your clothes closet work more efficiently is to ruthlessly cull your belongings. Get rid of anything you haven't worn in a year and a half. (If something has sentimental value, don't throw it out—just put it where it doesn't occupy valuable everyday storage space.)

Next, categorize your garments, putting clothes of one type together and grouping them by season. If you think it would help, you can even arrange items by color within the use categories. Don't bother measuring everything. We've done that for you (*above* and *right*).

Buying information, page 108

### NUMBERS TO KNOW

Familiarize yourself with a few basic measurements before you take on a closet reorganization. A wooden coat hanger holding a heavily padded jacket occupies a space about 20 inches deep. Closet poles normally are hung 12 to 14 inches from the wall. In an extra-tight situation, you could reduce this distance to 10 inches and still be able to hang the jacket. Here are lengths to keep in mind for other clothing and hanging storage products.

| | | | |
|---|---|---|---|
| **Long dresses** | **69 in.** | **Men's suits** | **38 in.** |
| **Regular dresses** | **45 in.** | **Ties** | **27 in.** |
| **Skirts** | **35 in.** | **Coats** | **50–52 in.** |
| **Trousers (cuff-hung)** | **44 in.** | **Dress bags** | **48 in.** |
| **Trousers (double-hung)** | **30 in.** | **Travel bags** | **41 in.** |
| **Blouses and shirts** | **28–38 in.** | **Garment bags** | **57 in.** |
| **Women's suits** | **29 in.** | **Hanging shoe bags** | **36 in.** |



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by Laura O'Neil

# Go Green

## Eco-kitchen saves energy, enhances lives

Thinking "green" isn't about color trends or leafy vegetables. Green here refers to the environmental philosophy that influenced the remodeling of this California kitchen. Homeowner Patty Duncan wanted more than just a larger kitchen/dining area for entertaining. As an avid supporter of environmental issues, she envisioned a space filled with eco-friendly finishes and energy-saving features. Interior designer Mary Maher, a specialist in green design, helped to create Patty's dream kitchen. She explains, "Although some people equate this type of design attitude as akin to sandals and tofu, it's actually about a healthy lifestyle."

continued on page 92

**Let it shine**

To cut back on electrical lighting during the day, the kitchen's skylight shaft widens as it descends through the ceiling to pull maximum light into dark recesses. Low-voltage halogen "winged" light fixtures installed inside the shaft add whimsy and provide movable lighting.

Painting the room a creamy white also enhanced lighting by allowing it to bounce into the space. Patty chose a low-VOC (volatile organic compounds) paint, which keeps fumes to a minimum.



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# Go Green

continued from page 90



### Recyclables

Countertops (*right*) were made from a concrete aggregate material embedded with recycled glass chips and brass screw shavings. The backsplash behind the stove (*below*) features two types of tiles. One is hand-formed from green recycled glass bottles. The other is mosaic stone, previously paving material from the Holy Lands.





### It's a natural

The Makore, or African cherry, wood used to face the dishwasher matches the kitchen cabinets. The wood comes from a plantation certified by the Forest Stewardship Council. This group promotes responsible forest management in order to protect rain forests.

continued on page 94

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# Go Green

continued from page 92



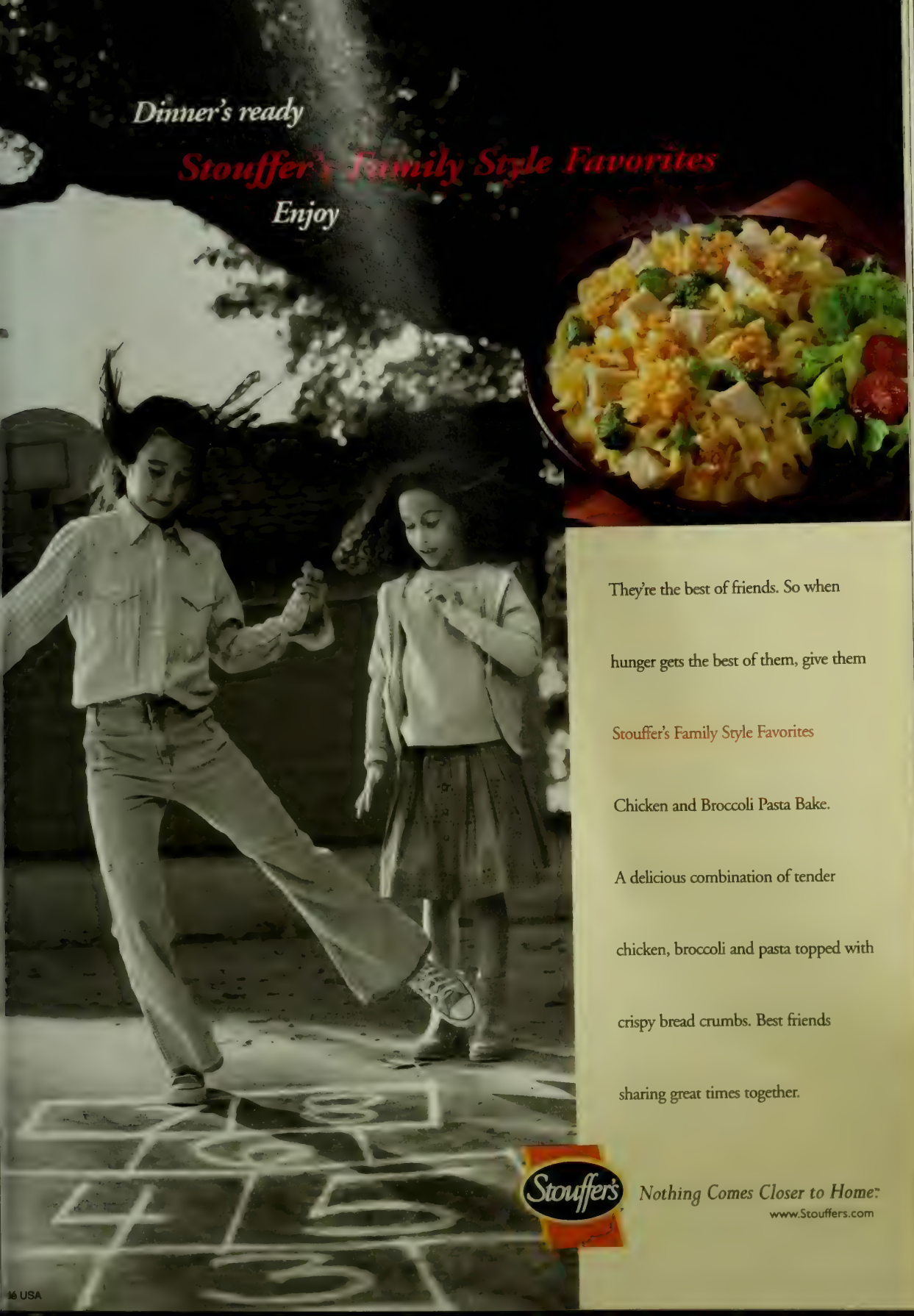
### Efficiencies

A pull-out recycling center (*below*) was installed within the cabinetry next to the sink. It contains compartments for collecting newspapers, cans, and glassware. Nearby, a warming drawer (*right*) is the ultimate complement to the homeowner's frequent entertaining. All her appliances, including this six-burner cooktop, were selected for their energy efficiency. The models meet the Energy Star designation, which exceeds the federal-efficiency standards by 13 to 20 percent, depending on the product.





Buying information, page 108




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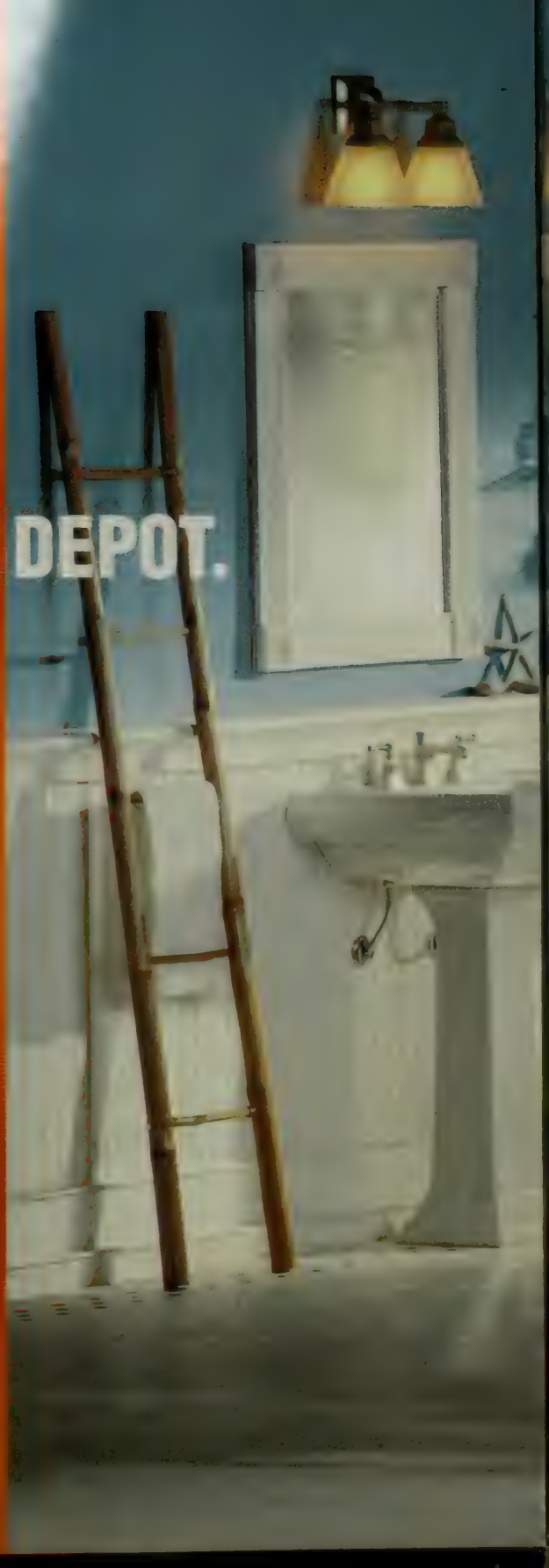
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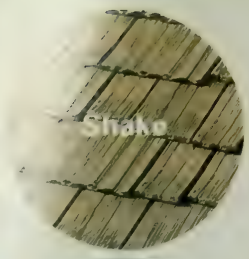
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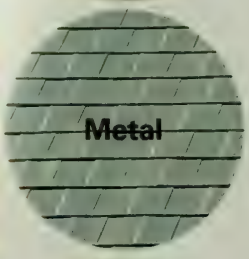



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# Exterior Products







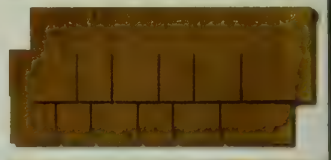


**Look up for look-alikes.** MiraVista roofing blends style with protection. The "shake" design (*above* and *top detail*) contains shale and clay reinforced with fiberglass, so it won't rot or burn like wood. Fiberglass also helps the "slate" style (*bottom detail*) mimic weathered slate without the weight—or cost. Made from the real thing, metal shingles (*center detail*) resist wind and hail damage. All three products from OwensCorning, $200–$400 per 100 square feet; 800/438-7465.



**Making "custom" affordable.** Design your own garage door? Just choose from six designs, three wood species, three window shapes, seven widths, and two heights. Reserve Collection from Clopay, about $2,800 for a two-car garage; 800/225-6729.







## FRIENDLY FAUX

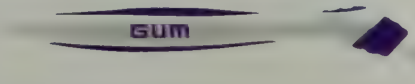
Man-made trim and siding offer short- and long-term benefits:

- Engineered-wood trim (*top*) imitates natural cedar minus its knots or cracks. Treated to defy moisture and termites, the material is grained on one side. MiraTEC from Masonite, $16 for a 6-inch-wide, 16-foot-long strip; 800/255-0785.
- Made in easy-to-install panels, fiber cement siding (*middle*) features a shingle shape, but it won't rot, crack, or split. The prefinished siding costs 10 to 20 percent less than clear-grain cedar. Shingleside from James Hardie; 888/542-7343.
- It's cast from real stone, but this stone veneer (*bottom*) is thinner, lighter, and easier to apply. Eucalyptus (shown) is one of 11 blends. Country Ledgestone from Cultured Stone, $7.50–$12 per square foot, installed; 800/255-1727.




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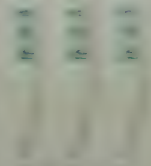



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Shown actual size of about 3 inches high. Golden hanging cords included.



*Frontal view of "The Sacred Pool" (center ornament)*

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# Caring for wood

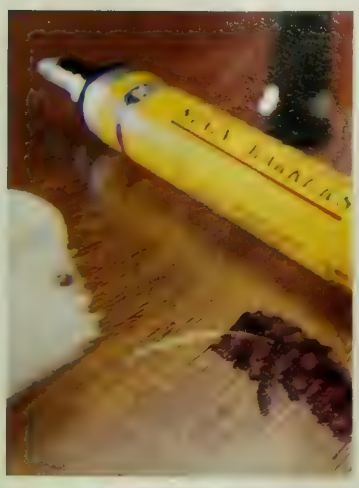
by Catherine Kramer

You likely have plenty of hardwood in your home, whether on furniture or floors. To keep the wood looking its best, you need to know how to handle stains and scratches in the finish. Some of these quick fixes might surprise you.

Many common nicks and spills can be corrected with everyday household products. Be sure to test these treatments on a small or inconspicuous spot before moving onto large, highly visible areas. However, because wood finishes come in a variety of formulas, some repairs are best left to a professional refinisher.



Water rings and marks usually penetrate only the wood's wax topcoat, not the finish. Rub marks with white toothpaste, mayonnaise, or salad oil, then wipe dry with a soft cloth. Or cover marks with a clean, thick cloth and press with a warm iron.



For dark woods, a matching crayon or marker often works. Markers containing wood stain can be found at hardware or furniture stores. Paste shoe polish is another good option. For cherry wood, try iodine, applied with a cotton swab. Iodine also works for lighter woods or stains, but cut the solution in half with denatured alcohol.



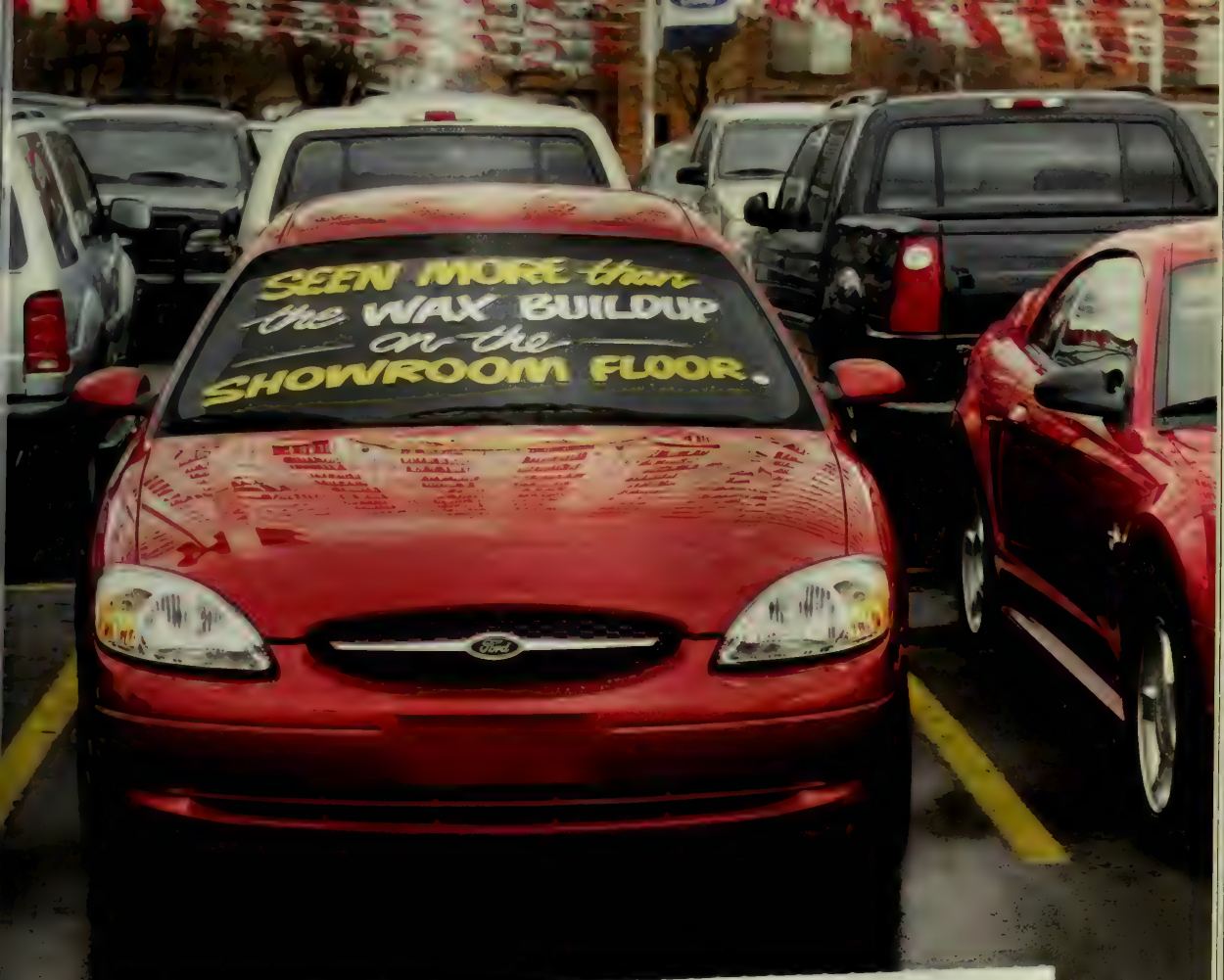

If spilled paint is still wet, clean it up with water (for latex) or mineral spirits (for oil-base). If paint is dry, soak it in boiled linseed oil, let soften, then lift carefully with a putty knife. Remove residue by rubbing along the grain with a paste of boiled linseed oil and rottenstone (a limestone-base furniture polish). Wipe dry and polish.



For heat marks, rub gently along the wood grain with a dry steel-wool soap pad or extra-fine steel wool.




Paper, such as a spill-soaked newspaper, that sticks to wood may come up with salad oil. Thoroughly wet the paper with oil, wait five minutes, then rub along the wood grain with extra-fine steel wool. Wipe dry.




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*See your participating dealer for a copy.

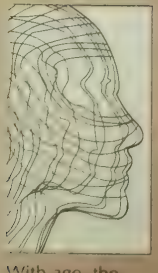
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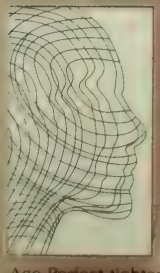
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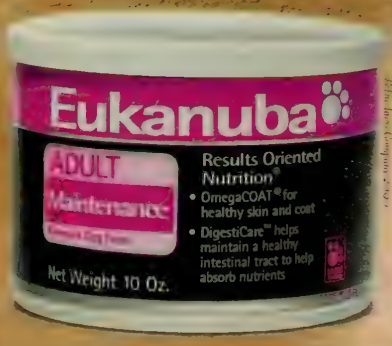
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# Bulb Bouquets



Hang this charming pair of **Bulb Bouquet Prints** in a spot where the power of their repetitive design will have the most impact. Remember to hang them at eye level depending on the setting—lower if most often viewed from a seated position, such as in a dining room; or higher if usually viewed from a standing position, such as in a hallway. Another good rule of thumb is to leave about 6 inches between the bottom of the frame and the top of a table or sofa.

These fun, ready-to-hang prints feature the bold and vibrant colors of fall—orange, cherry red, and violet—in artful arrangements that also serve to remind us that this is the season to plant bulbs for gorgeous blooms early next spring.





From Art in Motion, the set is available *exclusively* to the readers of *Better Homes and Gardens*® magazine. Each print is matted with a creamy ivory inner mat and a mottled, marbled tan outer mat. Mounted under glass, the prints are surrounded by a 1¼-inch gold wooden frame. The overall size of each framed print is about 13×15 inches. One set of prints costs $49.95; additional sets to the same address are $44 each. Prices include all shipping charges, handling, and applicable sales taxes.

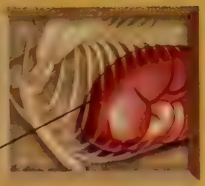
**TO ORDER** with your MasterCard, Visa, Discover, or American Express card, call 800/881-4066. To order by mail, specify number of sets desired and send a check or money order for the total to: *Better Homes and Gardens*® Reader Shopping Service, Dept. D0110, Box 9128, Des Moines, IA 50306-9128. Or, visit our site on the Internet at *www.bhgcatalog.com* to order.

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# buying guide

Some of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, contact the manufacturers listed below. Items not included are unavailable because they are antiques, personal belongings, or discontinued.

### Showcases

**Page 21: wallpaper,** "Swedish Country," SW02153 (Green/Ivory)—Eisenhart Wallcoverings; for a retailer call 800/931-9255; www.eisenwalls.com. **Paint on shelving unit,** from Midwest Living Collection—Behr Paint; available at Home Depot.; www.homedepot.com. **Shelving units,** 84-inch tall, 12-inch deep—Whittier Wood Products; 800/653-3336. **Most items on shelves**—Lenox Brands; for a catalog call 800/635-3669. **Carl Larsson table and Gustav chairs**—The Swedish Blonde; 800/274-9096; www.swedish-blonde.com. **Curtain hardware,** "Concorde," brushed nickel—Smith+Noble; for a catalog call 800/765-7776; www.smithandnoble.com. **Curtain fabric,** Sprig Plaid (Fern)—Calico Corners; for a catalog call 800/213-6366.

**Page 22 (*top*): bowl and vase**—Lenox Brands; for a catalog call 800/635-3669. **Dinnerware,** "Rondure Leaves" (Sage)—Dansk; 800/293-2675; www.dansk.com.

**Page 24: table/desk**—Blu Dot Design & Manufacturing, 3306 Fifth St., NE, Minneapolis, MN 55418; 612/782-1844; Web site: www.bludot.com. **Galvanized bins,** 48-1117431—Pottery Barn; 800/922-5507; www.potterybarn.com. **Nine cube bookcase,** "Furio" (Alder)—Target Stores; 800/800-8800; www.target.com. **Paint on wall,** from Country Home Collection—Behr Paint; available at Home Depot; www.homedepot.com.

**Pages 26-28: door wall units**—Mastercraft; for a retail store call 800/327-0890. **Provence chairs and ottoman,** fabric Princedale—Calico Corners; for a catalog call 800/213-6366. **Paint on wall,** from Country Home Collection—Behr paint; available at Home Depot; for a store location www.homedepot.com.

### Decorating Dos and Don'ts

**Page 32 (*top*): fabric for drapery,** 664670, LePetite Ferme (Red); **fabric for sheer curtain,** 614852, Perle (Champagne); **fabric for cornice,** 647463, LeSoleil (Red)—Waverly; 800/423-5881; www.waverly.com. **Sofa,** 3315—Lee Ind.; 800/892-7150; www.leeindustries.com. **Sofa slipcover fabric,** 664670, LePetite Ferme (Red); **piping fabric,** 647463, LeSoleil (Red)—Waverly; 800/423-5881; www.waverly.com. **Rug,** South Shore, Jute—Capel, Inc.; 800/334-3711. **Chair,** similar styles available—Ethan Allen, Inc.; for a store near you call 800/228-9229; Web site: www.ethanallen.com.

**Pages 34-35 (*left*): sofa slipcover fabric,** 664670, LePetite Ferme (Red); **piping fabric,** 647463, LeSoleil (Red)—Waverly; 800/423-5881; www.waverly.com. **Chest, lamp, round table,** similar styles available—Ethan Allen, Inc.; for a store near you call 800/228-9229; www.ethanallen.com. (***Top right*): three pictures,** similar styles available—Ethan Allen, Inc.; for a store near you call 800/228-9229; www.ethanallen.com.

**Page 38: dining table and chairs**—Ethan Allen, Inc.; for a store near you call 800/228-9229; www.ethanallen.com. **Chandelier,** DY6001-37; **pendant light,** DIY6007-37 (Cypress Bronze)—Thomas Lighting; through your local home center. **Wallpaper,** Colors of Provence, Toilé (Red and White)—Waverly; 800/423-5881; www.waverly.com.

### Dining Around the House

**Page 42: stemware,** Wynnewood; **cut glass bowl**—Waterford; for a store location or brochure call 800/444-1997; Web site: www.waterford.com. **Chairs,** similar styles available—Ballard Designs; 800/367-2775. **Curtains,** 48-3632429—Pottery Barn; 800/922-5507; www.potterybarn.com.

**Page 44: tea service**—Takashimaya New York, Inc., 693 Fifth Ave., New York, NY 10022; 212/350-0120. **Mandalay coffee table,** 7048-83h (Umber)—Palecek, P.O. Box 225, Richmond, CA 94808; 800/274-7730. **Rug,** Monterrey Swirl—Pier 1 Imports; for a local retail store call 800/447-4371.

**Page 47: dishes**—Ronnie's Ceramic Co., 800/888-8218; www.ronnie-ceramics.com. **Chairs,** 010406 Soleil (Mandarine); **table,** 023406 (Mandarine)—Up Country, Inc.; 770/888-9006.

### Halloween Dress-Ups

**Page 50: one-of-a-kind skeleton cups,** artist Michael Corney—Twist; for more information call 503/224-0334, 206/315-8080.

**Page 52: copper tray**—Smith & Hawken; 800/776-3336; www.SmithandHawken.com.

**Page 54: Bauer pitcher and cake plate**—Coburg Antiques Market, 91055 S. Harrison St., Box 8278, Coburg, OR 97408; 541/345-1052.

**Page 56: papier-mâché cat**—Jamison Studios, 4678 South Blvd., N.W. 30, Canton, OH 44718.

### At Home with the Computer

**Page 64: windows and French doors**—Marvin Windows & Doors, PO Box 100, Warroad, MN 56763, 888/537-8268; www.marvin.com. **Cabinetry,** "Georgetown" maple doo (Vintage Chablis finish)—Rutt Custom Cabinetry, LLC, P.O. Bo 129, Goodville, PA 17528; 800/420-7888; www.rutt1.cor **Unfitted wall cabinet**—William Ohs; available throug nuHaus, 1665 Old Skokie Rd., Highland Park, IL 60035; 847/83 1330. **Cabinetry hardware**—nuHaus (address above). **Kitche granite countertop,** "Uba Tuba"; **desk area limestone cou tertop,** "Bauharnais"—Stonecuttern, Inc., 2014 Lehigh Ave Glenview, IL 60025; 847/657-9000; www.stonecutters.cor **Chair at desk**—Richard Honquist Fine Furnishings, 145 Barrington Rd., Barrington, IL 60010; 847/382-1700. **Onlir organizer,** "Audrey," line discontinued—3Com, 5400 Bayfro Plaza, Santa Clara, CA 95052; 800/638-3266; www.3com.cor **Page 66: chandelier**—New Metal Crafts, 812 N. Wells St Chicago, IL 60610; 312/787-6991. **Dining room table, chairs**— Richard Honquist Fine Furniture (address above). **Window and French doors**—Marvin Windows & Doors (address above

### Laundry Lessons

**Pages 74-76: cabinets, hinges**—UltraCraft Co., P.O. Box 124 Liberty, NC 27298; 800/262-4046; www.ultracraft.com **Faucet**—American Standard, P.O. Box 6820, Piscataway, N 08855-6820; 800/524-9797, ext. 199; www.americanstandard us.com. **Iron**—Proctor-Silex, 4421 Waterfront Dr., Glen Aller VA 23060; 800/851-8900. **Large sewing machine**—Vikin Sewing Machines, Inc., 31000 Viking Pkwy., Westlake, O 44145; 800/358-0001; www.husqvarnaviking.com. **Sma sewing machine**—Baby Lock-Eclipse; for a retailer near yo call 800/422-2952. **Ironing pad**—TransferMagic, 1201 E. Fift St., Ste. 11, Anderson, IN 46012; 800/426-3728; Web site www.hanes2u.com. **Washer**—Whirlpool Corp.; 800/253-130 www.whirlpool.com. **Small refrigerator**—Frostman/D.A.Olfer Hayward General Appliance Kitchen Center, 2524 Shattuck Berkeley, CA 94704; 510/549-0800. **Flooring**—Flexco, P.O. Bo 553, 1401 E. Sixth St., Tuscumbia, AL 35674; 800/633-3151.

**Page 78: cabinets**—Omega Cabinets, 1205 Peters Drive Waterloo, IA 50703; 319/236-2256. **Countertop**—DuPon Corian Customer Response Center, P.O. Box 80702, Barley Mi Plaza 12-2206, Wilmington, DE 19880-0012; 800/426-7426 www.corian.com. **Rubber floor**—Roppe Corp., P.O. Box 1158 Fostoria, OH 44830; 800/537-9527. **Stool**—Richard Honquis Fine Furnishings, 1455 Barrington Rd., Barrington, IL 60010 847/382-1700. **Vinyl wallpaper** (from a Frank Lloyd Wrigh pattern book)—no source.

**Page 80: washer and dryer**—Maytag, 403 W. Fourth St., N Newton, IA 50208; 800/688-9900; www.maytag.com. **Sink an faucet**—American Standard, P.O. Box 6820, Piscataway, N 08855-6820; 800/524-9797, ext. 199; www.americanstandard us.com. **Detergent unit,** "Laundry Mate"—Lillian Vernor Corp., One Theall Rd., Rye, NY 10580-1450; 914/925-1350.

### Clutter-Buster Closets

**Page 82: cabinetry**—International Kitchens, 13500 Bel-Red Rd #7, Bellevue, WA 98005; 425/641-5363. **Fabric**—Bergamo Fabrics, Inc., 7 W. 22nd St., New York, NY 10010; 212/462-1010 (through design professionals only). **Vanity bench, short occasional bench with Chiaro pad** (Pewter Finish)—Pier 1 Imports; 800/245-4595; www.pier1.com. **Paint,** "BM #465" (Green); "BM #505" (Ivory)—Benjamin Moore & Co.; 800/826 2623; www.benjaminmoore.com.

**Page 84: custom cabinetry**—Clyde Turner, CTT Furniture, 7034 Carroll Rd., San Diego, CA 92121; 619/587-9311. **Hardware**— Hafele America Co., 3901 Cheyenne Dr., Archdale, NC 27263, 800/423-3531.

**Page 86 (*upper left*): closet shelving**—Booth Construction, 5622 90th Ave., SE, Mercer Island, WA 98040; 206/232-0898. **Closet organizers**—Rubbermaid, Inc., 1147 Akron Rd., Wooster, OH 44691; 800/643-3490. (***Lower left*): custom cabinetry**—Robert H. Clark, Architect and General Contractor, 6517 Hillcrest Ave., Ste. 311, Dallas, TX 75205; 214/361-9279. **Wallpaper,** "Greeff"— Schumacher, 79 Madison Ave., New York, NY 10016-7878; 800/332-3384; www.fschumacher.com. (***Upper right*): shoe dividers**—The Container Store; 800/733-3532. (***Lower right*): dressers, cabinets**—Merit Kitchens, 12185-86th Ave., Surrey, BC, Canada V3W 3H8; 800/663-2992. **Hardware bin pulls** (Satin Nickel)—International Kitchens (address above). **Marble tile,** "Southern Cloud" 12-inch squares—The Willey Co., Seattle Design Center, 5801 Sixth Ave., S, Ste. 127, Seattle, WA 98108; 206/767-6502. **Carpet**—Masland Carpets, Inc., P.O. Box 11467, Mobile, AL 36671; 800/633-0468; www.maslandcarpets.com. **Antique throw rug,** "Antique Tressures" (Lisbon Topaz); **lamp on his dresser**—Home Depot U.S.A., Inc., 800/553-3199, www.homedepot.com. **Lamp on her dresser**—Lowe's Companies, Inc., 800/445-6937; www.lowes.com.

### Go Green

**Pages 90-94: refrigerator,** "Monogram"—GE Appliances, GE Answer Center; 800/626-2000. **Hood**—Broan-NuTone, LLC, 926 W. State St., Hartford, WI 53027; 800/558-1711. **Range**— Dacor, 950 S. Raymond Ave., Pasadena, CA 91105; 800/793-0093; www.dacor.com. **Tech lighting**—La Jolla Lighting, 5640 La Jolla Blvd., La Jolla, CA 92037; 858/459-2651. **Recessed lights**—Halo Lighting, Div. of Cooper Lighting, 1121 Hwy. 74 S, Peachtree City, GA 30269; 770/486-4800; Web site: ww.cooperlighting.com. **Custom cabinets**—Dan Dresser, 581 N. Twin Oaks Valley Rd., San Marcos, CA 92069. **Hardware for base cabinets**—Pier 1 Imports; 800/447-4371; www.pier1.com. **Backsplash** (stone mosaics, metal tiles); **cabinetry hardware**—Ann Sacks Tile & Stone, 8120 NE. 33rd Dr., Portland, OR 97211; 800/278-8453. **Backsplash** (glass tiles)—Pratt & Larson Tile, Inc., 12200 Northup Way, Bellevue, WA 98005; 452/882-0707. **Barstools**—Palecek, P.O. Box 225, Station A, Richmond, CA 94808-0225; 800/274-7730. **Flooring**—European Tile Art, 6440 Lusk Blvd., Ste. D 107, San Diego, CA 92121, 858/452-5090. **Window treatment**—Conrad 575-10th St., San Francisco, CA 94103, 415/626-3303. **Sconces on wall in dining room**—Concord Lighting, 1176 Morena Blvd., San Diego, CA 92110; 619/275-2303. **Countertops,**

continued on page 124



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# Best-selling minivan flubs a crash test




## The Dodge Grand Caravan needed three crash tests to get an "acceptable" rating from a safety test lab.

Faces of executives at DaimlerChrysler turned Dodge red following a series of crash test disappointments with the popular Grand Caravan minivan. After the debris was cleared away, the 2002 Caravan finally earned an "acceptable" grade from the Insurance Institute for Highway Safety, which conducted the tests. But most 2001 DaimlerChrysler models were saddled with a "poor" rating, the worst on the institute's scale of good, acceptable, marginal, or poor.

Why three tests, when the crash lab normally conducts just one? After the first, technicians found more intrusion into the cabin than Chrysler engineers had recorded in the company's tests. Strike one.

continued on page 112

You planned to




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## Your Family Car

continued from page 110

Chrysler requested that the institute perform a second test. This time intrusion was reduced, although not by much, analysts said. But a new problem appeared: a fuel system leak. Strike two.

So Chrysler's minivan engineers redesigned the leaky part, and the institute conducted yet another test. Chrysler avoided a strikeout when the third test revealed no fuel system leaks nor any evidence of weakness around the redesigned part.

"The overall performance of the Grand Caravan was similar in all three tests, except for the fuel leak," said Brian O'Neill, president of the safety institute.

"Based on these tests, the 2001 models built before the redesigned fuel systems are rated poor for crashworthiness because of the leak," O'Neill said. "The 2002 models with the fixed fuel systems and side impact air bags are rated acceptable."

Failure to earn the top rating is a setback for DaimlerChrysler, which began selling the redesigned Caravan last year as a 2001 model. Three competitors—Toyota Sienna, Honda Odyssey, and Ford Windstar—have previously won good ratings from the insurance safety lab. Current evaluations are:

| | |
|---|---|
| Toyota Sienna | Good |
| Honda Odyssey | Good |
| Ford Windstar | Good |
| Mazda MPV | Acceptable |
| Dodge Caravan | Acceptable |
| Chevrolet Astro | Poor |
| Mercury Villager | Poor |
| Nissan Quest | Poor |
| Chevrolet Venture | Poor |
| Oldsmobile Silhouette | Poor |
| Pontiac Montana | Poor |

Grand Caravan also ranked lower than Sienna, Odyssey, and Windstar in separate government crash tests. Caravan scored four stars in the head-on crash, while the others earned the top five-star rating.




## The Best Family Room on Wheels

Honda will add side air bags to its 2002 Odyssey, even though the minivan already wins the highest five-star ratings in side-impact crash tests.



Large cupholders (top photo) flank the sides of the second-row seats in the 2002 Odyssey. Rear passengers can watch DVDs on a 7-inch display that flips down from the ceiling. Kids won't get tangled in the headphones—the listening devices are wireless.

"Don't look back," baseball legend Satchel Paige once said. "Something might be gaining on you." For DaimlerChrysler, the minivan pioneer and longtime sales leader, that something is the Honda Odyssey.

Odyssey won lots of "best" accolades from auto analysts when Honda introduced it three years ago. With an upgraded 2002 model arriving in dealerships now, Odyssey becomes the minivan benchmark. The new version's improvements include:

- Standard side air bags and dual-stage front air bags, a first for minivans. Honda added the seat-mounted side air bags even though Odyssey previously earned top-notch safety ratings in both government and insurance industry crash tests.
- The first factory-installed DVD entertainment system in a minivan, an extra-cost option. Leather seating with heated front seats also becomes an option on the EX, the more luxurious of two models.
- A stronger 240-horsepower V-6 engine that runs on regular gas and gets the same mileage (18 mpg city, 25 highway) as the previous 210-horsepower engine.
- A five-speed automatic transmission (upgraded from four) helps perk up low-speed acceleration and provides less noticeable gear changes.

Demand for 2001 Odysseys has been so strong that they often sell *above* sticker prices of $24,340 for the base LX and $26,840 for the better-equipped EX.



continued on page 114


It's easy to be green.
And it's easy to recycle your rechargeable batteries once they've worn out. You know – the ones in your laptop computer, cell phone, PDA, cordless power tools, camcorder and remote control toys. To find the nearest collection site, visit www.rbrc.org/bhg, call 1-800-8-BATTERY or simply stop by one of the listed national retailers. So do the green thing.
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RBRC Spokesperson Richard Karn, "Al" from TV's Home Improvement
Drop off your rechargeable batteries at the following national retailers:
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Sears
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In Canada:
Bell Mobility
Canadian Tire
Future Shop
Motorola Cellular Dealers
RadioShack Canada
Revy
Sears
Zellers

continued from page 112



## New Wizardry for 'Old Reliable'

Lexus, the upscale branch of Toyota, completely redesigned its ES 300 for 2002, giving this reliable sedan new luxury indulgences and gee-whiz gadgetry.

For example, new sound-absorption material soaks up noise rather than simply blocking it, creating a library-quiet interior. Anti-vibration tricks make the ultra-low-emissions engine so smooth you won't know whether it's running or not. There's even an extra-cost option that lets you switch the ride from living-room comfy to sports-car firm, just by pushing a button. Throw in an oracle-like DVD navigation system (described at *left*) and you have an entry-luxury sedan that feels more like its posh and premium-priced sibling, the LS 430, than the everyday Toyota Camry with which it shares parts.

It's reassuring that Lexus tech wizardry isn't prone to break down after you drive the car home. The ES 300 has been the most trouble-free of all entry-luxury cars (see partial list *below*) for four of the last six years, according to auto quality researchers at J.D. Power and Associates.

The standard safety package includes a crush-resistant body, side air bags, curtain-style head-protection bags, and anti-whiplash seats. Expect the front-wheel-drive 2002 model to be priced in the $32,000-$33,000 range.

**Entry-Luxury Sedan Prices**

| | |
|---|---|
| BMW 3 Series 325i | $26,990 |
| Acura TL 3.2 | $29,580 |
| Jaguar X-Type | $29,950 |
| Mercedes-Benz C-Class | $29,950 |
| Audi A4 | $30,340 |
| Lexus ES 300 (2001 model) | $31,505 |

Prices are for six-cylinder models, not including delivery charge.



Let's say that you're looking for a cozy place to nibble fettuccine Alfredo after a long day's drive. The clear computer voice of the Lexus DVD-based navigation system will guide you—turn-by-turn and door-to-door—to any of 45,000 Italian restaurants in the U.S. and Canada. DVDs store much more information than CD systems, so the entire map database fits on only one disk. And, the 6.5-inch-wide touch screen can be set to display two maps at the same time.









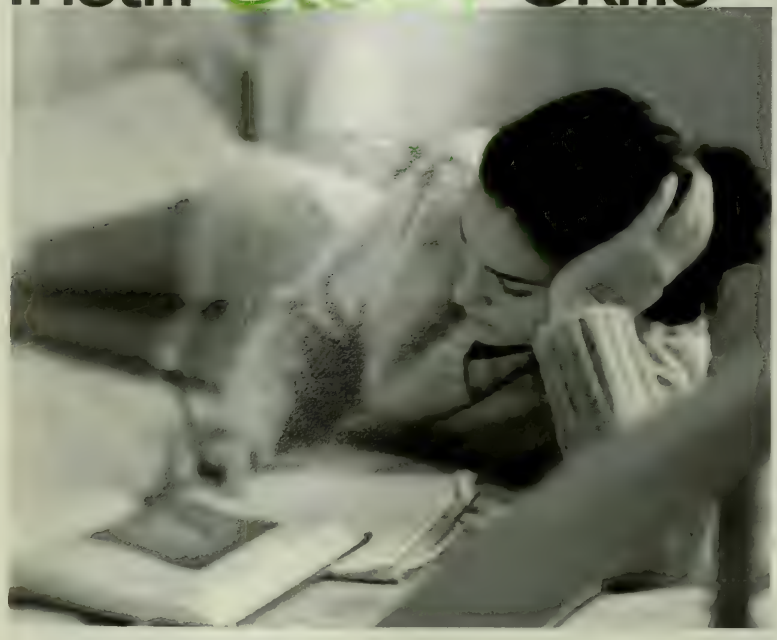




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by Robert Ehlert

# Instill Study Skills



Chelsey Bertram, a 12-year-old Denver Public Schools student, was feeling pressured by unrelenting homework and tests. She had a knack for what was being taught, but she didn't have an efficient way to grasp all the material.

Her mom, Sue Bertram, was pitching in, encouraging Chelsey. Ultimately, however, they came face to face with a common problem: There is much to learn but not much training in how to capture it, organize it, and master it.

Lynn Carey, a parent and elementary school teacher in Colorado Springs, Colorado, can empathize. "We educators could do a better job of teaching study skills across the board," she says. Teachers are under pressure to keep kids climbing the academic ladder—and to meet the benchmarks of standardized tests.

With all of the reading, worksheets, and papers to write—the typical mountain of school work—Lynn says it's easy to let study skills fall between the cracks. For younger kids it's a shock. One day you're playing with paste and scissors, says Lynn, and suddenly you've got math and spelling tests.

Just as they need to master the three Rs, students must develop good study skills. "It's all about discipline, responsibility, structure, organization, and timing," Lynn says.

Kids need to set aside an amount of time, and a place, and accomplish a daily study goal.

### Make it a habit

"The discipline is doing what you need to get done when you need to do it, whether you like it or not," Lynn says. "The responsibility is knowing what you're supposed to do, and taking responsibility for getting it done yourself. These kids need to set aside a certain amount of time, a certain place in the house, and accomplish a daily study goal. Even on days when they don't have homework, they should use that time and space to read, instead of watching television."

This kind of systematic approach at an early age will establish a lifetime routine, Lynn says. The sense of accomplishment becomes a learned response that keeps them coming back for more.

### Don't just memorize—understand

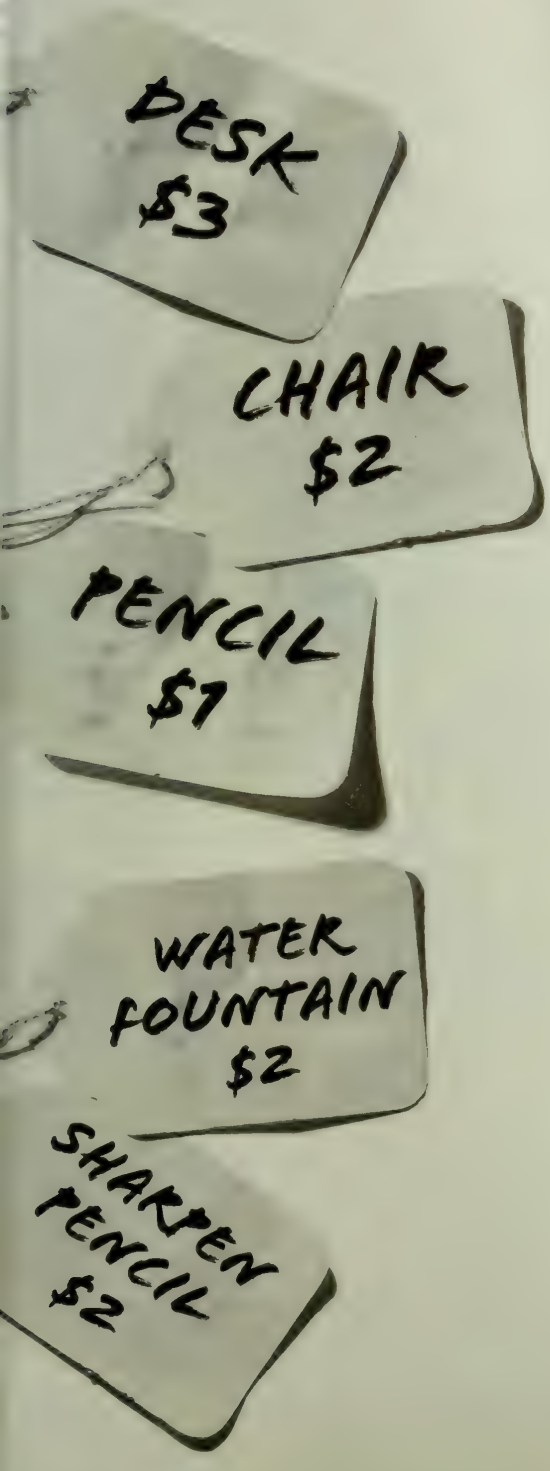
In addition to setting aside time for study, Susan Stainback, an author and professor emeritus of education at the University of Northern Iowa, Iowa Falls, advises parents to promote studying for understanding. "When children understand what they study, they remember it more easily than if they simply memorize it," she says.

Susan suggests that the student begin each study session with the most difficult assignments, and she advises parents to have their child use what's called the "survey-read-resurvey" procedure.

"Tell your child first to survey for the main ideas in the chapter. This

continued on page 118

## If you're in Mr. Garwick's class, you're going to pay.




The good news is that Mr. Garwick pays students to attend class. The bad news is that everything – chairs, desks, even trips to the water fountain – must be purchased.

It's his ingenious way of making math fun for sixth graders while teaching them the concepts of saving, spending, banking and supply & demand.

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The Good Neighbor Teacher Award was developed in cooperation with the National Council of Teachers of Mathematics.






## Study Skills

continued from page 116

can be done by reading the introduction and summary to the chapter and any study questions that might be listed at the beginning or end of the chapter," Susan says.

"Once your child gains an understanding of the main ideas, he or she should carefully read the chapter. Finally," Susan says, "have your child look back through, or resurvey, the chapter and try to further understand and remember the main ideas and important details."

**Study specialists available**

Depending on your child's aptitude, her goals and your goals—and whether or not you're an effective study captain—you may elect to seek the help of a tutor or learning center. To help her daughter, Sue Bertram enrolled Chelsey in a study skills course at the Denver Sylvan Learning Center.

There Chelsey learned that in order to master studying, she needed to understand the four most critical study skills: organization and time management, note taking, test taking, and reading.

Sylvan Learning Center offers these suggestions for students seeking to improve their study skills:

- Organize your workspace. Have all necessary tools readily available.
- Use a daily planner. Note all tests, quizzes, projects, and due dates.
- Make daily "to do" lists.
- Break down large projects into smaller, manageable tasks, and then prioritize the project's steps.
- Review notes every night. This will eliminate cramming before a test.
- Highlight all important information from notes and handouts.
- Read all test directions carefully and critically.
- Answer all test questions you know first; then go back to the others.
- Budget your test-taking time so you can get through all the questions.

"Chelsey learned study tips and shortcuts," says Sue, who estimates the classes cost about $45 an hour. "It was such a confidence booster."

### THE DIFFICULT STUDENT

Study skills and support systems are all well and good for motivated students, but what about the child who just doesn't care?

Jim Fay, of the Love and Logic Institute (www.loveandlogic.com) in Golden, Colorado, believes there is a reason for the sharp rise in underachieving kids.

"There is an epidemic of kids who don't want to do work at all," says Fay, a teacher and school administrator for 30 years before beginning his education consulting business. "Instead of asking, 'How can we force this kid to learn?' we really ought to be asking, 'What basic needs are not being met in this kid's life?'"

What troubles kids today, Fay says, are unfulfilled emotional needs: alienation from the group, and especially alienation or isolation in their own homes. "It is a basic need for young people to be included," he says. "Many kids live like 'honored guests.' They're not asked to do chores or contribute in any number of ways that could reconnect them to their homes and families."

To provide connections and consequences for your children, Fay says:

- Assign chores and enforce them in a loving, but firm manner. The object is not to punish, but to build character and maintain the parent-child relationship.
- Delegate the preparation of one meal a week to each child in the family.
- Avoid power struggles with your kids over grades and other matters. Cultivate your relationship with them, and be patient. Use little rehearsed lines that point to how action or inaction will affect *them*, not *you*.

For instance, after reviewing a bad report card: First, accent any positives, and then say, "I bet that feels awful. How can I help?" Gently remind your child that a poor effort now has a price later: "Well, somebody has to flip those hamburgers."

# LOOK WHO BEAT THE CHEESE OUTTA THE OTHER GUY




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# More than a Tantrum

## Does your child have Oppositional Defiant Disorder?

"[redacted] was a perfect baby. He never cried unless he was wet or hungry. I thought we had it made," says Deb Schueth, a 31-year-old mom living in Ft. Lewis, Washington.

"Then," Deb says, "he started crawling and all hell broke loose. He could dismantle my house in 20 minutes flat. Tantrums started when he was a year old. By the time he was three, screaming tantrums would last an hour or more. Everything was a wrestling match. He was kicked out of two day cares."

All children occasionally lose their temper. And as any parent knows, at some point most toddlers can be oppositional—defiant, stubborn, and uncooperative. But for some children, this oppositional attitude isn't just reserved for an occasional bad mood or even a developmental stage. It's a way of life, causing despair among parents, day care workers, teachers, and other caregivers. Children suffering from Oppositional Defiant Disorder (ODD) exhibit behaviors that include chronic resistance of authority; habitual destruction of property; drug abuse; and mental, emotional, and physical cruelty to others.

Counseling and parent training programs can improve oppositional behavior



The ODD diagnosis has joined better-known behavioral disorders, such as Attention-Deficit/Hyperactivity Disorder (ADHD), in the lexicon of child psychologists and, increasingly, parents. The American Academy of Child and Adolescent Psychiatry defines ODD as "an ongoing pattern of uncooperative, defiant, and hostile behavior toward authority figures that seriously interferes with the youngster's day-to-day functioning." The academy estimates that between 5 and 15 per cent of all school children have ODD. Many with ODD are diagnosed with other conduct disorders and/or learning disabilities as well.

Causes of ODD are still largely unknown, and many factors—including genetic, biological, brain-chemical, and environmental—may contribute. For some parents, the diagnosis comes after months or years of struggle and anguish. Roseanne Linko, a parent and grandparent in Pittston, Pennsylvania, found out seven years ago that her son had ODD.

Roseanne says that it was a relief to know that "he was not spoiled. It was not our fault, or his fault, or anyone's fault." For parents like Roseanne, a diagnosis of ODD can mean the end of

continued on page 122

by Dan Weeks




# Are you keeping your mind on the road?




iver distractions are a contributing factor in one-and-a-half million crashes a year. That's more than 4,300 shes every day! Driving is a serious responsibility – one that requires and deserves a driver's full, undivided ention. Don't let a burger and fries, a phone call or something rolling under the seat endanger your life, the s of your passengers or others on the road. Learn the dos and don'ts about keeping ur mind on the road. Get the "Deadly Distractions" book. It's free from Shell. Pick e up at a nearby Shell station, visit countonshell.com or call 1-800-376-0200.

**Count on Shell**™

# More than Just a Tantrum

continued from page 120



**FREQUENCY OF BEHAVIOR MARK OF ODD**

Check any behaviors that your child has exhibited *often* (more frequently than is typically observed in children of comparable age and developmental level), *lasting six months or longer.*

- ___ Loses temper
- ___ Argues with adults
- ___ Actively defies or refuses to comply with adults' requests or rules
- ___ Deliberately annoys people
- ___ Blames others for his or her mistakes or misbehavior
- ___ Is touchy or easily annoyed by others
- ___ Is angry and resentful
- ___ Is spiteful or vindictive

If you checked more than four, and if your child's disturbance in behavior causes significant impairment in social, academic, or occupational functioning, your child may be at risk.

Adapted from Internet Mental Health, www.mentalhealth.com, copyright 1995-2000 by Phillip W. Long, M.D. For a more comprehensive ODD screening questionnaire, log onto www.oregoncounseling.org/Test/YouthAtRiskScreen.htm.

[illegible] the beginning of such [illegible]

[illegible] sweeping diagnosis dismissed by [illegible] mental health professionals, [illegible] psychotherapist Joyce [illegible] author of *Good Kids, Difficult* [illegible] (1997) and a related workbook and tape series. "I have serious concerns," she says. "If you look at the criteria, there is nothing there that can't be considered normal behavior for an adolescent—or any child—on any given day. All too often it is used as an excuse to blame everything that is going wrong on the child."

As a therapist who works with children who were wards of the state in a foster care system, Divinyi is also concerned that "more often than not, children with this diagnosis have a social history filled with trauma and loss and, because their behavior is so difficult, the underlying grief and trauma go untreated."

For these reasons, a diagnosis of ODD should only happen after a comprehensive medical and psychological evaluation, since ODD symptoms can have more than one root cause. In many children suffering from ODD, learning disabilities and other disorders may include attention-deficit disorder, depression, bipolar disorder, and anxiety disorder. These require attention for treatment to be effective.

"ODD tendencies can be transient, a result of experiencing a death, divorce, or abuse," says Deb Schueth, Jesse's mom, who has become somewhat of an expert on ODD out of sheer necessity. But for some children, ODD seems to strike from the blue.

"There's no history of alcohol or drug abuse with us (my husband and I). We have a stable marriage," says Deb. "Jessie was born healthy—there's no outside reason we can point to that indicates he should be doing this."

Even without the presence of other complicating disorders, treatment for ODD is comprehensive, according to the Academy of Child and Adolescent Psychiatry. It may include:

- Parent-training programs to help parents manage a child's behavior.
- Individual psychotherapy for th child, to help develop more effectiv anger-management skills.
- Family psychotherapy to improv communication within the family.
- Cognitive-behavioral therapy t assist the child with developin problem-solving skills.
- Social-skills training to increase th child's adaptability and to improve hi frustration tolerance with peers.

"The earlier you start, the easier i is," says Deb Schueth, Jesse's mom "Luckily, we knew there was something wrong at three years of age. On the upside, we were told that if we started early enough, we could help him rewire his brain. We've seen that happen."

Deb says that 9-year-old Jesse's actions now fall into the "normal" behavior range, thanks to the right combination of therapy, medications and parenting methods.

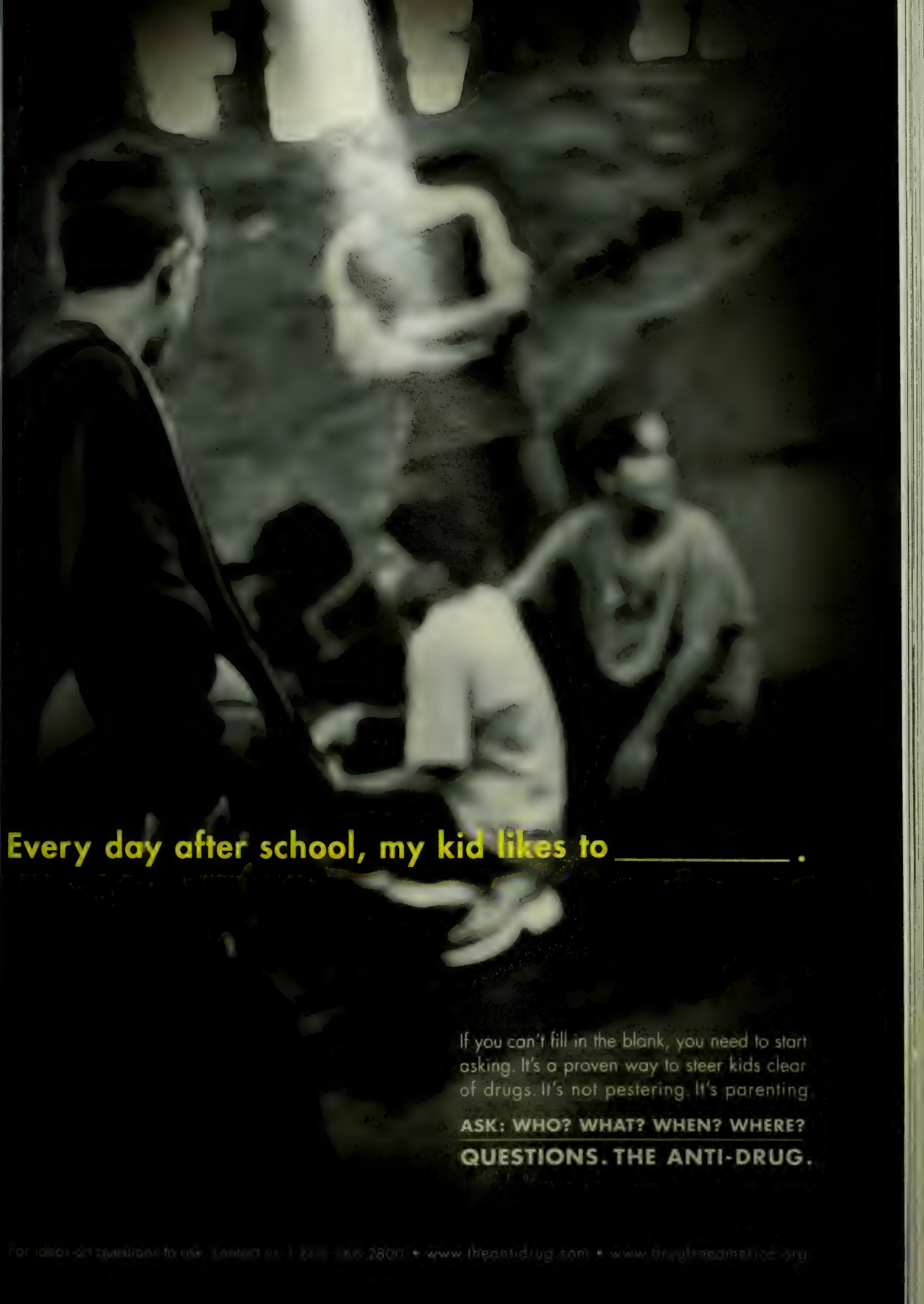
"He's in a regular classroom, has many friends, and no one knows he has ODD unless we tell them. His homeroom teacher is very fond of him and says Jesse is one of the better behaved students," Deb says. "When we go to restaurants, people have commented to us about how polite and well-behaved he is. I just sit there thinking, 'If only you knew what we went through to get to this point!'" ⌂

**FOR MORE INFORMATION**

*www.conductdisorders.com* General information on ODD and other conduct disorders, complete with postings of conferences and Web forums geared to parents of children with conduct disorders.

*www.mentalhealth.com* The site has specific and technical information on ODD research, medications, complications, economics, education, and more. Most of the information is in journal article format.

*www.intermedpoint.com* Type "Oppositional Defiant Disorder" into this site's search box for lots of clinical information and tips on handling children with ODD.

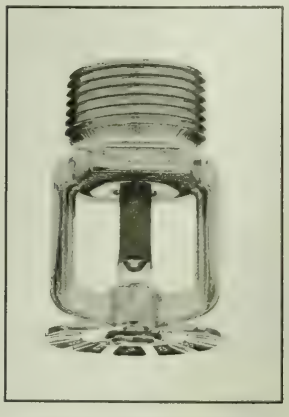

Every day after school, my kid likes to _____.
If you can't fill in the blank, you need to start asking. It's a proven way to steer kids clear of drugs. It's not pestering. It's parenting.
ASK: WHO? WHAT? WHEN? WHERE?
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Central Sprinkler Company, an affiliate of Tyco Fire Products LP of Lansdale, PA, and the U.S. Consumer Product Safety Commission (CPSC) are announcing a voluntary recall to replace approximately 35 million Central fire sprinklers with O-ring seals. A limited number of O-ring models sold by Gem Sprinkler Co. and Star Sprinkler, Inc., totaling about 167,000 sprinkler heads, are also included. ***Under certain circumstances, these sprinklers may fail to activate in a fire.*** These sprinklers were installed in a wide variety of buildings, including houses, apartments, hospitals, day care facilities, schools, dormitories, nursing homes, supermarkets, hotels, parking garages, warehouses and office buildings.



Example of "Wet" Sprinkler



Example of "Dry" Sprinkler

### OBTAINING REPLACEMENTS

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**or visit www.sprinklerreplacement.com**


## Buying Information

continued from page 108

"Syndecrete"—Syndesis, Inc., 2908 Colorado Ave., Santa Monica, CA 90404-3616; 310/829-9932. **Wood butcher block**—La Isla, Escondido, CA; 760/747-3255. **Dishwasher**—Miele Inc., 9 Independence Way, Princeton, NJ 08540; 800/843-723 **Sinks**—Blanco America, Inc., 1050 Taylors Lane, Unit 4 Cinnaminson, NJ 08077; 800/451-5782. **Faucets, main an small**—KWC Faucets, Inc., 1555 Oakbrook Dr., Ste. 110 Norcross, GA 30093; 888/592-3287. **Warming drawer**—Daco 950 S. Raymond Ave., Pasadena, CA 91109; 800/793-009 www.dacorappliances.com.

**Decorating Shop™**

**Page 106: Tulip Prints Set**—Art in Motion, 2000 Hartley Ave Coquitlam, BC, Canada V3K6W5.

**Gardener's Almanac**

**Pages 130-135: Immortality iris**—Schreiner's Iris Gardens 3625 Quinaby Rd., NE, Salem, OR 97303; 800/525-2367; cata log $5. White Flower Farm, P.O. Box 50, Litchfield, CT 06759 800/503-9624; free catalog. Carroll Gardens, 444 E. Main St. Westminster, MD 21157; 800/638-6334; catalog $3. Andre Viette Nursery, Rt. 1, Box 16, Fishersville, VA 22939; 540/943 2315, catalog $5. **Garden shows**—www.gardenshow.com San Francisco, 415/771-6909; Seattle, 206/789-5333. **Grapes**—Miller Nurseries, 5060 W. Lake Rd., Canandaigua, NY 14424 800/836-9630; free catalog. Stark Bro's Nurseries, P.O. Box 10 Louisiana, MO 63353; 314/754-5511; free catalog. **Cactus and succulents**—Joe's Nursery, P.O. Box 1867, Vista, CA 92085 760/758-7042; catalog $1.

**Garden Shop™**

**Page 128F: Daffodils in Pink**—K. Van Bourgondien and Sons 245 Route 109, Babylon, NY 11702.

**Buried Treasures**

**Pages 138-149: bulbs**—Brent and Becky's Bulbs, 7463 Heath Trail, Gloucester, VA 23061; 877/661-2852; free catalog. **Anemone, allium**—Heronswood Nursery, 7530 NE. 288th St., Kingston, WA 98346; 360/297-4172; catalog $5. White Flower Farm Bulb Book, P.O. Box 50; Litchfield, CT 06759; 800/503 9624. **Lady's mantle**—Bluestone Perennials, 7211 Middle Ridge Rd., Madison, OH 44057; 800/852-5243; free catalog.

**Cut to Fit**

**Page 159: (*inset*) deck furniture**—Brown Jordan; 800/743-4252 **Pages 160-161: window treatment**—Conrad Imports, 575 Tenth St., San Franciso, CA 94103; 415/626-3303. **Sofa,** 3004 "Celestial"—Rose Tarlow-Melrose House; for a showroom call 323/651-2202 **Wall sconces**—Jeffrey Alan Marks, Inc., La Jolla, CA; 858/459-9192; www.JAM-design.com. **Glass bottles**—Target Stores; 800/800-8800; www.target.com. **Block Island Club Chair,** 70029—Donghia Furniture; for a showroom call 800/366-4442; www.donghia.com.

**Pages 162-163: stove and hood**—Dacor; 800/793-0093; www.dacorappliances.com. (***Top right***): **faucet**—Grohe America, 241 Covington Dr., Bloomingdale, IL 60108; 630/582-7711; www.GroheAmerica.com. **Fabric on barstool cushions**—Cowtan & Tout; through an Interior Designer. **Fabric on chair cushion**—Cowtan & Tout; through an Interior Designer.

**Pages 164-165: fabric on chair cushion**—Cowtan & Tout; through an interior designer. **Hanging light**—Highlights, 1515 Park Row, Venice, CA 90291; 310/399-8210. **Juncker Classic Ash wood flooring**—installation through Mitchells Floor Coverings, 532 Stevens Ave., Solana Beach, CA 92075; 858/755-8880; www.getfloored.com.

**Pages 166-167 (*left*): headboard and duvet**—Jeffrey Alan Marks Inc. (address above). **Carpet,** Broward 100% wool pile—Stark, 979 Third Ave., 11th Fl., New York, NY 10022; 212/752-9000. (***Right***): **dressing table**—Girard Avenue Collections, 7505 Girard Ave., LaJolla, CA 92037; 858/459-7765.

**Page 168 (*top*): fabric on chair**—Brunschwig & Fils; for more information contact an interior designer. (***Bottom***): **wallpaper,** "Jamaica"—Hines & Co.; for more information contact an interior designer. **Countertop and floor**—Arizona Tile; 858/566-5970. **Sink fixture**—Grohe America, 241 Covington Dr., Bloomingdale, IL 60108; 630/582-7711; www.GroheAmerica .com. **Containers on countertop,** similar styles available—Target Stores; 800/800-8800; www.target.com

**Kitchens Plus+**

**Page 171: custom cabinets**—Rose Adams Cabinetry, 1 Kings Hwy., N, Westport, CT 06880; 203/226-8211. **Chairs at table**—The New England Historical Connection, 300 Danbury Rd., Wilton, CT 06897; 800/647-5719. **Accessories**—Lillian August, 17 Main St., Westport, CT 06880; 203/454-1775

**Pages 172-173: custom cabinets, main and island countertops, floor, marble cutting board, inset cutting board**—Rose Adams Cabinetry (address above). **Cooktop, stainless-steel hood**—Viking Range Corp., 111 Front St., Greenwood, MS 38930; 888/845-4641; Web site: www.vikingrange.com **Sink**—American Standard, P.O. Box 6820, Piscataway, NJ 08855; 800/524-9797; www.americanstandard-us.com. **Faucet,** "Victorian"—Harrington Brass Works, Ltd., Inc., 7 Pearl Ct., Allendale, NJ 07401; 201/818 1300.

**Pages 174-177: custom cabinets** (Maple)—Lazlo Rossini, 758 Cloverdale Ave., Victoria, BC, Canada V8X 2S7, 250/386-4111 **Cabinet hardware** (Brushed Nickel)—Victoria Specialty Hardware Ltd., 1976 Oak Bay Ave., Victoria, BC, Canada V8R 1E2; 250/598 2966 **Laminate on cabinets,** "#P 952 S" (Maple)—Arborite 385 Lafleur Ave., Ville Lasalle, PQ, Canada H8R 3H7

continued on page 253




, like Tom Sawyer, you have better things to do on a unny weekend than paint a fence, you've come to the ight century. Today's vinyl fencing is looking better than ver in paint-free finishes that match just about any rchitectural style and meet any need.

Vinyl fences come with many of the details you expect rom millwork wood, but with the added charm of low naintenance. Vinyl won't rot, chip, or splinter, and its mooth surface cuts down on scratches—a feature ideal or children playing in the yard.

Most vinyl fences come in privacy, mock iron, and icket panels, at heights from 3 to 6 feet. Spruce them up ith vinyl lattices and flower boxes. Sleek panels with quare planks work well for a contemporary home, while curved rails and Gothic spindles make more sense for a traditional scheme.

As with all outdoor products, vinyl will get dirty, but it can usually be cleaned with a mild detergent. Stronger stains—mulberry droppings, for example—might require a touch of steel wool or an extra-strength cleaning agent. Cleanup for tough stains can be time-consuming, occasionally requiring a pressure washer and paint thinner.

Vinyl fencing is sold in sections, usually 4 feet or 6 feet wide. Posts, post tops, and connecting brackets are sold separately. Vinyl is more expensive than wood—some styles cost twice as much as comparable models in cedar and four times as much as pressure-treated wood. Other points to remember:

- Vinyl can break if directly hit, just as wood can. Broken planks, pickets, and rails can be replaced.
- Vinyl expands and contracts when the temperature changes, and it becomes less flexible in cold weather. Most types of vinyl fences are engineered for normal temperature variations.
- Weed trimmers can damage vinyl fences as easily as they can damage wood.
- Fence posts—made of wood and covered with a vinyl sleeve—are sturdiest when anchored in cement.



Lysol Presents FACTS of LIFE

FACT: Your family deserves a clean, germ-free toilet. That's the BOTTOM LINE.



FACT: LYSOL® Toilet Bowl Cleaner is UNBEATABLE because it removes tough stains and nothing kills more GERMS.




LIFE DEMANDS LYSOL. THAT'S A FACT.

ONCE DAILY
# Nasacort AQ
(triamcinolone acetonide) Nasal Spray

For intranasal use only.

Shake Well Before Using

**BRIEF SUMMARY**

**CONTRAINDICATIONS**

Hypersensitivity to any of the ingredients of this preparation contraindicates [illegible]

**WARNINGS**

The replacement of a systemic corticosteroid with a topical corticosteroid can be accompanied by signs of adrenal insufficiency and, in addition, some patients may experience symptoms of withdrawal; *e.g.*, joint and/or muscular pain, lassitude and depression. Patients previously treated for prolonged periods with systemic corticosteroids and transferred to topical corticosteroids should be carefully monitored for acute adrenal insufficiency in response to stress. In those patients who have asthma or other clinical conditions requiring long-term systemic corticosteroid treatment, too rapid a decrease in systemic corticosteroids may cause a severe exacerbation of their symptoms.

Children who are on immunosuppressant drugs are more susceptible to infections than healthy children. Chickenpox and measles, for example, can have a more serious or even fatal course in children on immunosuppressant doses of corticosteroids. In such children, or in adults who have not had these diseases, particular care should be taken to avoid exposure. If exposed, therapy with varicella-zoster immune globulin (VZIG) or pooled intravenous immunoglobulin (IVIG), as appropriate, may be indicated. If chickenpox develops, treatment with antiviral agents may be considered.

**PRECAUTIONS**

**General:** In clinical studies with triamcinolone acetonide nasal spray, the development of localized infections of the nose and pharynx with *Candida albicans* has rarely occurred. When such an infection develops it may require treatment with appropriate local or systemic therapy and discontinuance of treatment with **Nasacort AQ** Nasal Spray.

**Nasacort AQ** Nasal Spray should be used with caution, if at all, in patients with active or quiescent tuberculous infection of the respiratory tract or in patients with untreated fungal, bacterial, or systemic viral infections or ocular herpes simplex.

Because of the inhibitory effect of corticosteroids, in patients who have experienced recent nasal septal ulcers, nasal surgery, or trauma, a corticosteroid should be used with caution until healing has occurred. As with other nasally inhaled corticosteroids, nasal septal perforations have been reported in rare instances.

When used at excessive doses, systemic corticosteroid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, **Nasacort AQ** Nasal Spray should be discontinued slowly, consistent with accepted procedures for discontinuing oral steroid therapy.

**Information for Patients:** Patients being treated with **Nasacort AQ** Nasal Spray should receive the following information and instructions. Patients who are on immunosuppressant doses of corticosteroids should be warned to avoid exposure to chickenpox or measles and, if exposed, to obtain medical advice.

Patients should use **Nasacort AQ** Nasal Spray at regular intervals since its effectiveness depends on its regular use. (See **DOSAGE AND ADMINISTRATION**.)

An improvement in some patient symptoms may be seen within the first day of treatment, and generally, it takes one week of treatment to reach maximum benefit. Initial assessment for response should be made during this time frame and periodically until the patient's symptoms are stabilized.

The patient should take the medication as directed and should not exceed the prescribed dosage. The patient should contact the physician if symptoms do not improve after three weeks, or if the condition worsens. Patients who experience recurrent episodes of epistaxis (nose bleeds) or nasal septum discomfort while taking this medication should contact their physician. For the proper use of this unit and to attain maximum improvement, the patient should read and follow the accompanying patient instructions carefully.

It is important to shake the bottle well before each use. **Also, the bottle should be discarded after 120 actuations since the amount of triamcinolone acetonide delivered thereafter per actuation may be substantially less than 55 mcg of drug.** Do not transfer any remaining suspension to another bottle.

**Carcinogenesis, Mutagenesis, and Impairment of Fertility:** In a two-year study in rats, triamcinolone acetonide caused no treatment-related carcinogenicity at oral doses up to 1.0 mcg/kg (approximately 1/30 and 1/50 of the maximum recommended daily intranasal dose in adults and children on a mcg/m$^2$ basis, respectively). In a two-year study in mice, triamcinolone acetonide caused no treatment-related carcinogenicity at oral doses up to 3.0 mcg/kg (approximately 1/12 and 1/30 of the maximum recommended daily intranasal dose in adults and children on a mcg/m$^2$ basis, respectively).

No mutagenicity studies with triamcinolone acetonide have been performed.

In male and female rats, triamcinolone acetonide caused no change in pregnancy rate at oral doses up to 15.0 mcg/kg (approximately 1/2 of the maximum recommended daily intranasal dose in adults on a mcg/m$^2$ basis). Triamcinolone acetonide caused increased fetal resorptions and stillbirths and decreases in pup weight and survival at doses of 5.0 mcg/kg and above (approximately 1/5 of the maximum recommended daily intranasal dose in adults on a mcg/m$^2$ basis). At 1.0 mcg/kg (approximately 1/30 of the maximum recommended daily intranasal dose in adults on a mcg/m$^2$ basis), it did not induce the above mentioned effects.

**Pregnancy:** *Teratogenic Effects: Pregnancy Category C.* Triamcinolone acetonide was teratogenic in rats, rabbits, and monkeys. In rats, triamcinolone acetonide was teratogenic at inhalation doses of 20 mcg/kg and above (approximately 7/10 of the maximum recommended daily intranasal dose in adults on a mcg/m$^2$ basis). In rabbits, triamcinolone acetonide was teratogenic at inhalation doses of 20 mcg/kg and above (approximately 2 the maximum recommended daily intranasal dose in adults on a mcg/m$^2$ basis). In m triamcinolone acetonide was teratogenic at an inhalation dose of 500 mcg/kg (a mately 37 times the maximum recommended daily intranasal dose in adults on a r basis). Dose-related teratogenic effects in rats and rabbits included cleft palate and/or i hydrocephaly and axial skeletal defects, whereas the effects observed in the monke cranial malformations.

There are no adequate and well-controlled studies in pregnant women. Therefore, t nolone acetonide should be used in pregnancy only if the potential benefit justifi potential risk to the fetus. Since their introduction, experience with oral corticoster pharmacologic as opposed to physiologic doses suggests that rodents are more pr teratogenic effects from corticosteroids than humans. In addition, because there is ral increase in glucocorticoid production during pregnancy, most women will require exogenous corticosteroid dose and many will not need corticosteroid treatment pregnancy.

**Nonteratogenic Effects:** Hypoadrenalism may occur in infants born of mothers re corticosteroids during pregnancy. Such infants should be carefully observed.

**Nursing Mothers:** It is not known whether triamcinolone acetonide is excreted in huma Because other corticosteroids are excreted in human milk, caution should be exercise **Nasacort AQ** Nasal Spray is administered to nursing women.

**Pediatric Use:** Safety and effectiveness in pediatric patients below the age of 6 year not been established.

Corticosteroids have been shown to cause growth suppression in children and teen particularly with higher doses over extended periods. If a child or teenager on any co teroid appears to have growth suppression, the possibility that they are particularly se to this effect of corticosteroids should be considered.

**ADVERSE REACTIONS**

In placebo-controlled, double-blind, and open-label clinical studies, 1483 adults an dren 12 years and older received treatment with triamcinolone acetonide aqueous spray. These patients were treated for an average duration of 51 days. In the control als (2-5 weeks duration) from which the following adverse reaction data are derived patients were treated with **Nasacort AQ** Nasal Spray for an average of 19 days. In a term, open-label study, 172 patients received treatment for an average duration of 286

Adverse events occurring at an incidence of 2% or greater and more common a **Nasacort AQ**-treated patients than placebo-treated patients in controlled adult clinica were:

| Adverse Events | Patients treated with 220 mcg triamcinolone acetonide (n=857) % | Vehicle Placebo (n=962) % |
|---|---|---|
| Pharyngitis | 5.1 | 3.6 |
| Epistaxis | 2.7 | 0.8 |
| Increase in cough | 2.1 | 1.5 |

A total of 602 children 6 to 12 years of age were studied in 3 double-blind, placebo trolled clinical trials. Of these, 172 received 110 mcg/day and 207 received 220 mcg/ **Nasacort AQ** Nasal Spray for two, six, or twelve weeks. The longest average duratio treatment for patients receiving 110 mcg/day and 220 mcg/day were 76 days and 80 respectively. Only 1% of those patients treated with **Nasacort AQ** were discontinued adverse experiences. No patient receiving 110 mcg/day discontinued due to a serious a event and one patient receiving 220 mcg/day discontinued due to a serious event tha considered not drug related. Overall, these studies found the adverse experience prof **Nasacort AQ** to be similar to placebo. A similar adverse event profile was observed in atric patients 6-12 years of age as compared to older children and adults with the exc of epistaxis which occurred in less than 2% of the pediatric patients studied.

Adverse events occurring at an incidence of 2% or greater and more common among patients treated with placebo than **Nasacort AQ** were: headache, and rhinitis. In children 6 to 12 years these events included: asthma, epistaxis, headache, infection, otitis m sinusitis, and vomiting.

In clinical trials, nasal septum perforation was reported in one adult patient although tionship to **Nasacort AQ** Nasal Spray has not been established.

In the event of accidental overdose, an increased potential for these adverse experi may be expected, but acute systemic adverse experiences are unlikely. (See **OVERDOS**

**OVERDOSAGE**

Like any other nasally administered corticosteroid, acute overdosing is unlikely in vi the total amount of active ingredient present. In the event that the entire contents of th tle were administered all at once, via either oral or nasal application, clinically signi systemic adverse events would most likely not result. The patient may experience some trointestinal upset.

**Caution:** Federal law prohibits dispensing without prescription.

Please see product circular for full prescribing information.

Manufactured by Rhône-Poulenc Rorer Puerto Rico Inc.
Manati, Puerto Rico

*Aventis Pharmaceuticals Products Inc.*
Collegeville, PA 19426

Rev

Patent Pending

IN-63

naqb1097b

# Fight Allergy-face!

- Fast, effective first-day nasal allergy relief
- No fragrance or unpleasant taste
- No irritating alcohol

Nasacort AQ Nasal Spray is nondrowsy and nonhabit-forming. It's for adults and children as young as 6 years and must be used daily for best results. Maximum relief may take up to one week. Nasacort AQ has a low incidence of side effects that may include sore throat, nosebleed, and cough. Available by prescription only. Ask your doctor if it's right for you.

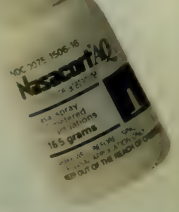
ONCE-DAILY
Nasacort AQ
(triamcinolone acetonide) Nasal Spray

Puts Allergy-face in its place

**1.888.272.NOSE (6673)** **www.nasacort.com**

*Please see additional important information about Nasacort AQ on next page.*






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by Dan Weeks



# Making the Patio Private

Door hinges can be locked open when it's time to move patio furniture in and out. The extra-wide seat under the trellis has a large cushion for comfort.

Landscape designer Arianne Newton was getting a little bored with her backyard, so she took a brief break from clients' projects and spent time creating an outdoor Eden for her own family.

When she started the project, there were already colorful plantings, but the backyard's only boundaries were a low fence on one side and a driveway on the other. Her goals were to create a pleasant point of entry and to screen from view any cars in the driveway.

To establish an entry point, Arianne, along with friend and project designer Bob Judd, designed a freestanding portico with swinging doors. Its clean and simple lines, hand-split red-cedar roof, and period light fixture are modeled after the Arts and Crafts style. The structure's legs are built from pairs of 4×4 cedar posts, and the doors are 1×2 cedar strips framed by 2×4s.

The entry structure alone wasn't enough to soften the view of the driveway, so Arianne added a companion structure—a trellis with a large bench underneath. Like the entry structure, the trellis is supported by 4×4 posts; it's capped with a trio of 2×6 rafters.

With the two structures neatly in place, the cobblestone patio was laid in a stacked-bond pattern. Moss grows in the spaces between the stones.


**TO ORDER PLANS**

You can duplicate the **Swinging Door Portico** (about 9×3½×9 feet tall) and **Trellis with Bench** (about 7×3¾×8 feet tall) with our easy-to-use *Better Homes and Gardens*® Project Plans. Sold separately, each blueprint contains a photo of the project, a list of materials, and clearly written instructions. One plan costs $14.95; additional plans are $13 each. Prices include shipping, handling, and sales tax. **TO ORDER** with your Discover, Visa, MasterCard, or American Express card, call 800/881-4066. Or visit *www.bhgcatalog.com* on the Web to order.



hy can't someone just make a cold sore go away sooner?



Someone can.

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ay there's a medicine that doesn't just soothe cold sores – actually speeds healing. It's ABREVA™. The only cold sore dicine with a clinically proven ingredient called docosanol. The only non-prescription medicine approved by the FDA to shorten healing time. So use ABREVA at the first sign of a cold sore. Look for it in the cough and cold or oral care section of your local store. And before you even feel your next cold sore coming, learn more about ABREVA by calling 1-877-709-3539 or visiting www.abreva.com.



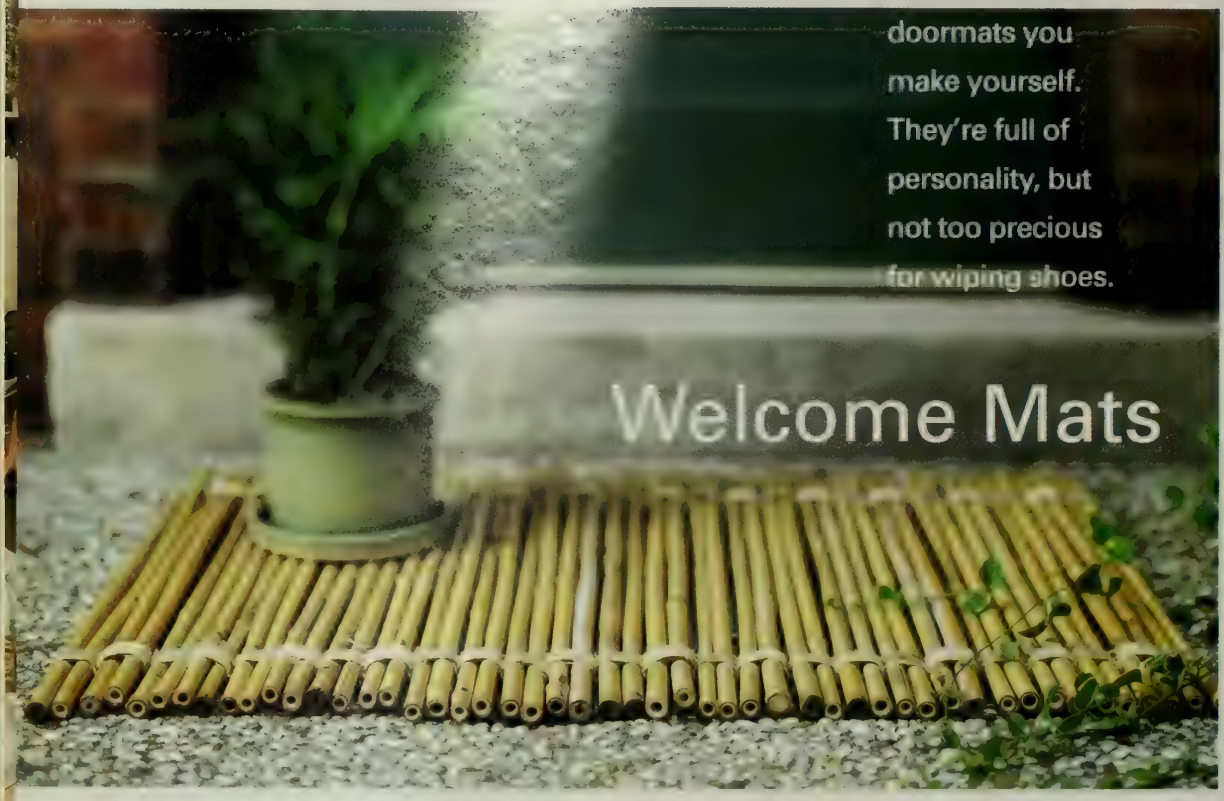

abreva™ START TO HEAL IT AS SOON AS YOU FEEL IT.™

GlaxoSmithKline

by Catherine Kramer and S.

Extend a message of welcome with doormats you make yourself. They're full of personality, but not too precious for wiping shoes.

# Welcome Mats



**Now and Zen** Stamp out boredom on your stoop with this hand-tied bamboo mat. Purchase inexpensive bamboo stakes at a garden supply center. Cut them down to even lengths (ours are 27 inches long). Bamboo can be sharp when cut, so wear gloves. Group the pieces in pairs and wrap them together with sisal or jute twine (we alternated both) 4 inches from either end, knotting the twine on the back. When you have enough pairs to make a good size mat, lay them side by side with knots up. String a needle with thin twine and sew the pairs together where the twine wraps meet. Note: If scraping dirty shoes is a necessity at your doorstep, tie longer lengths of bamboo together, and lay the mat the other way. With shoots running lengthwise, there are more pockets, bumps, and ridges to trap gunk from the soles of your shoes.

**The Grass Is Greener** Step back in time with this plastic grass mat straight out of the 1950s (*below*). For a fun, retro look, plant these pint-size lawns with rows of fake flowers. Look for the grassy mats at home centers. Plastic and silk flowers are available at crafts stores. Pop the flower heads off the stems and arrange them on the mat. It's best to keep the flowers off to the side so you can use the mat for wiping feet. Then, using a hot-glue gun, adhere the flowers to the mat. Be sure to apply lots of glue to the back of the flower, and nestle the flower deep into the grass so it will be secure.



continued on page 128D

Even

the

lid

is

good

for

you.




## Save Lids to Save Lives

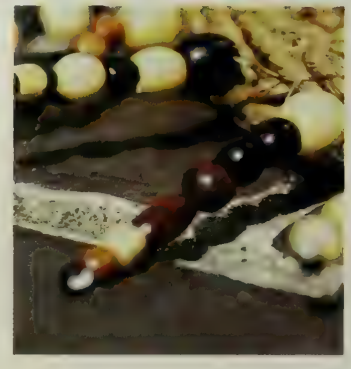
or every pink lid you mail back by December 31, 2001, Yoplait will make a 10-cent donation
o the Susan G. Komen Breast Cancer Foundation, up to $500,000. Combined with Yoplait's
uaranteed donation of $750,000, we can raise over $1 million. Yoplait and you — partners in
he fight against breast cancer. www.YoplaitUSA.com.

# Welcome Mats

continued from page 128B



If your mat stands ready at the busiest door, make sure the decoration doesn't get in the way of function. If a mat is used infrequently, it can be more decorative.





**Catch the Bead** Kick up the style of a ordinary woven jute mat by addin beaded fringe (*left*). Purchase wood bea in a variety of colors at a crafts store (o mat required about 250 beads). Th beads can be arranged in a pleasing ord before stringing, or you can string the on randomly. Begin by threading a larg eye upholstery needle with a yard of thi twine. Knot one end of the twine an pull the needle through the outside edg of the mat. Thread about seven beads o the twine. Loop the needle around th end bead, and then thread it back throug the holes in the other beads and back int the edge of the mat. Pull the needle ou about an inch down the mat edge, an thread on more beads. Continue aroun the mat. When done, knot the twin close to the mat.

**By the Numbers** Lead visitors to you house with a brushy coir entrance ma stenciled with your house number (*left*). Purchase number stencils in a variety o sizes at a home center (we used 1-, 4-, an 6-inch numbers). For background colo paint the rug with interior/exterior fla spray paint, applying several coats until a the rug fibers are coated. Arrange you house number in the center of the ru using the largest stencils, and tape eac numeral in place. Using a stencil brush apply a contrasting color of acrylic enam crafts paint. Repeat as needed to thor oughly fill in the number with consisten coverage. Randomly place smaller stencil on the rug and fill in with a third color o acrylic enamel. A spray coat of clea polyurethane is an optional sealer.

hat makes lip gloss such a treat? 'Cause it's made with something sweet.

Barbie.
Style




## DIRECTIONS:

1. Get home from work late.
2. Take out as many slices as you need.
3. Toast 4-5 minutes.
4. Give your pasta pizazz.




In your grocer's freezer.

PEPPERIDGE FARM

Never Have An Ordinary Day.™

hop™



# Daffodils In the Pink

Create a pastel parasol on your landscape next spring with the soft color of pink daffodils. Distance them from the strong yellows of other daffodils and play up the pink by lacing the bed with bluebells, violas, or periwinkles. These daffodils will thrive in most North American gardens and return with vigor every spring. And, best of all, they are deer- and rabbit-proof.

Our collections contain all of the lovely varieties shown at *right*—"Mon Cherie," "Accent," "Bell Song," "Easter Bonnet," "Palmares," "Reggae," "Petit Four," "Salome," "Pink Pride," and "Spring Pride." Our **50 Daffs Collection** contains five of each of the 10 varieties listed and costs $59.95; our **100 Daffs Collection** contains 10 of each of the varieties listed and costs $99.95. Prices include all shipping, handling, and applicable sales taxes. *Please order early; collections are limited and we accept orders on a first-come, first-served basis.*

Bulbs will be shipped at the proper time for planting in your zone (about September 15 to November 30, 2001). Orders include planting instructions. *Sorry, we cannot to ship to Alaska, Hawaii, Canada, Mexico, or Puerto Rico.*




**TO ORDER** with your MasterCard, Visa, Discover, or American Express card, call 800/881-4066. To order by mail, specify name(s) and quantity of collections desired, and send a check or money order for the total to: *Better Homes and Gardens*® Reader Shopping Service, Dept. G0110, Box 9128, Des Moines, IA 50306-9128. Or, visit *www.bhgcatalog.com* to order on the Internet.



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# WHY THE WORLD THINKS NIVEA Q10 WRINKLE CONTROL IS BETTER.

*It doesn't irritate like AHAs and Retinols can.*
*Instead, it uses the same anti-aging Q10 that's already in your skin. No wonder* ***it's the world's #1 anti-wrinkle creme.***



# better by design

**Lights... camera... action!** Home theater is hotter than ever—and these seven dazzling home "screening rooms" exemplify the star power of high-tech products and high-style design. But don't worry, they still boast plenty of kick-back comfort.

by James A. Hufnagel



continued from page Z1





Curly ash cabinets (*left*) finished with a high-gloss polyester coating match cabinetry in the nearby kitchen. Lighted niches display translucent glassware.

Open shelves under the TV (*below*) put media equipment within easy reach. Black paint on the shelves blends with the media gear. There's a multi-function remote control too.



PHOTOGRAPHS: JOAN VANDERSCHUIT. INTERIOR DESIGNER: MARIANNE LENZ, MM INTERIORS. CABINET DESIGNER: LAURIE HAEFELE, EUROCONCEPTS. REGIONAL CONTRIBUTOR: ANDREA CAUGHEY

## Sculpted with Drywall

In the family room of their Southern California home, Elizabeth and Norman Feinberg wanted a place comfy enough to relax and enjoy music, yet dressy enough for entertaining overflow from the adjacent living room. Interior designer Marianne Lenz came up with a media wall where entertainment gear is flanked by high-rising display shelves crafted from drywall. Using drywall instead of finished wood cut down on construction costs and created niches that seem sculpted into the setting.

continued on page Z6
Buying information, page Z30


HORSE : 255



**E 2002 NISSAN MAXIMA.** First, we dialed up the horsepower to 255. Then we gave it an electronic e-by-wire® throttle – inspired by the ultra-responsive controls on jet fighters. Finally, we added a close-ratio, six-speed ual gearbox. The result is nothing less than the most advanced Maxima ever. Just remember to keep your arms inside during ntry. For specs, click to NissanDriven.com. Or call 800-235-8880. The Nissan Maxima. **CARS LIKE IT: 0**

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continued from page Z3



# Big Screen, Center Stage

A big-screen TV and banks of audio/video equipment define the cinematic media wall in Lea and Barry Porter's open family room/kitchen. Architect Trevor Abramson created the expansive space by combining two rooms, which necessitated installing a steel beam in place of a supporting wall. But the openness was worth the effort. "This is where we hang out," Lea says. "We eat, watch movies, and listen to music here—and when we have people over, they like to be here too."

**Shallow spaces at the top of this media wall give it a floating look. The TV screen becomes one of the "cubicles" in an artful assemblage of storage units. A two-level coffee table accommodates several remotes.**

continued on page Z8


Be prepared for the inevitable
"Where'd you get that?"
Talbots

continued from page Z6



Three drawers under each of the component towers (*right*) are compartmented to hold a burgeoning library of tapes.



High-rising drawers on each side of the TV screen (*above*) organize disks. There's more storage above and below the screen, along with a subwoofer.

Symmetry governs the arrangement of components, speakers, and bookshelves, with vertical drawers that organize CDs, DVDs, and video tapes. More storage masquerades as speakers; these cabinets have flip-up doors covered with black speaker cloth. The media center's light maple cabinetry contrasts with the black elements and ties in with woodwork elsewhere in the house.

continued on page Z12
Buying information, page Z30

## 10 smart tips for creating your media center

- Equip it for multiple uses—TV, audio, games, Web surfing, viewing family photos—even if you don't yet have equipment for all those functions.
- To minimize clutter, invest in an all-in-one "universal" remote that controls everything, including lighting and draperies.
- Plan for glass or open cabinet fronts that are remote-friendly.
- Choose a black matrix video screen for optimum viewing and brightness from any angle in the room.
- Allow easy access to the rear of components to simplify troubleshooting and upgrading later on.
- Go for the new "letterbox" video screen format, which has a widescreen 16:9 ratio of width to height. Wide screens display more of the sweeping panorama of movies, just as the director intended.
- Shop for components and systems that are integrated or compatible, and capable of operating with a single remote.
- Work with a dealer that allows you to "test drive" the whole system, or at least sample the thrill of a high performance system, before you order.
- Be wary of discount prices; they're usually yesterday's products and already outmoded.
- Consider including closed-circuit TV for answering the doorbell or monitoring kids or aging parents.



The more you watch, the more you see.



etimes inspiration comes from the most unexpected places. Like television.
om

HGTV
HOME & GARDEN TELEVISION
imagine what you can do™


TODAY, ONLY ONE KITCHEN
HAS THE POWER TO HELP MAKE SOMETHING
TRULY SPECIAL.
A DIFFERENCE.



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Cook for the Cure™ presented by KitchenAid. A commitment to raise a maximum of $1 million in recognition of National Breast Cancer Awareness Month. KitchenAid will donate $50 for the purchase of one major appliance. Choose two, and we'll give $120. Buy three or more, and the contribution increases to $200. Together, we'll help make a world of difference for a world of people. To learn more about Cook for the Cure™, visit www.KitchenAid.com, or call 1.800.422.1230.

COOK FOR THE CURE
PRESENTED BY KitchenAid

The Susan G. Komen Breast Cancer Foundation

KitchenAid™

FOR THE WAY IT'S MADE.

continued from page Z8

Is there a home theater in your future? Here are your options.

## Talkin' the new lingo

**...O DISK (DVD)**

...as a compact audio disk, a DVD delivers an entire movie along with ..., such as director's notes. This format has more clarity, better sound, and ...ience than videotape. DVD players cost $200 to $400. The disks ...nt or sell for about the same cost as tapes.

**...ITION TV (HDTV)**

...livers about twice the resolution of current TVs, now called Standard Definition Television (SDTV). Trouble is, today's wide-screen HDTV sets cost upwards of $3,000, and networks and local stations have been slow to tool up for digital broadcasting. ...mission allows SDTV signals to be shut off in 2006, but experts expect that those broadcasts for those sets may continue for decades.

**INTERACTIVE TELEVISION (ITV)**

Still in its infancy, interactive television turns your TV set into a two-way street, letting you shop or bank online, choose the video you want to watch, exchange e-mail, and take advantage of dozens of other interactive services.

**DIGITAL AUDIO/VIDEO MANAGER**

This system consists of a massive-storage hard drive for TV, sold under such brands as TiVo and ReplayTV. The hard drive stores broadcasts, allowing you to pause a show and resume playback while continuing to record. The system also allows you to skip over commercials and create instant replays. You can even program in your viewing preferences, and the machine will automatically seek them out and record them for your personal video library.

**DIGITAL LIQUID CRYSTAL DISPLAY (LCD)**

Like the display on a laptop computer, only much bigger, LCD TV screens measure only a few inches thick, eliminating the bulky cathode-ray tube behind ordinary TVs.

## Bringing theater home: creating the right room

Any space can be made into a home theater, but for the most enthralling experience, dedicate an entire room to movie viewing.




- Ideally, the room should be rectangular. According to audio/video experts, a movie sound track is richer and more realistic when heard in a rectangular space.
- Include large rugs over hardwood floors because hard surfaces can distort sound. Fabrics lessen distortion.
- For the same reason, hang draperies on windows. If your plans include a front-projection TV, invest in blackout window coverings. Video looks its best in near-total darkness.
- Control lights with dimmer switches. Rear projection and picture-tube TV looks OK in any light, but darkening a room makes the images more vivid.

continued on page Z18

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continued from page Z12



A stone-tile surround incorporates the black metal firebox into the otherwise neutral bookcase scheme (*left*).

Over the fireplace, bleached pine cabinetry (*below*) harmonizes with the stone and conceals the TV. Built-in lighting illuminates decorative objects, such as the raging rhino.



## TV or No TV

Jerry and Jim Thompson didn't enjoy spending time in their Florida family room. "The place was like a big, white drywall box with a TV in the corner," Jim recalls. He thought a fireplace might bring in some architectural interest, so he called on architect Stephanie Gaines for help. She suggested a chimney-less direct-vent fireplace, flanked by display shelving and topped off with a TV set that discreetly disappears behind slide-away doors when it's not in use.

continued on page Z22
Buying information, page Z30




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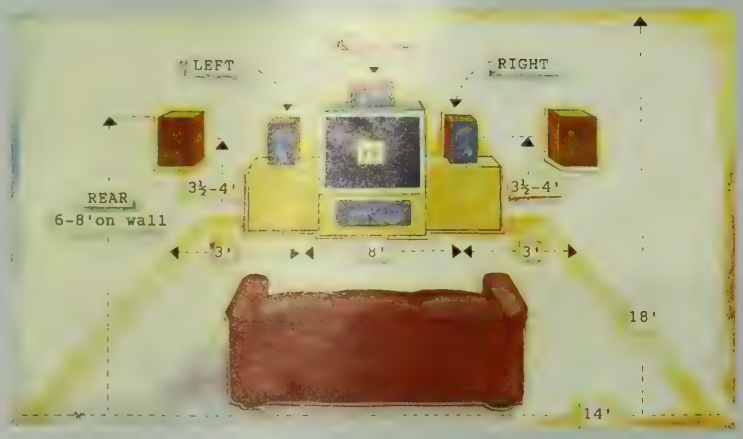
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continued from page Z18

# Hear, hear: sou[illegible]nciples for your media center

Speakers—the more the merrier—are[illegible] surround-sound system. Here's what you need and where.




- You'll need at least five speakers to power a full surround-sound effect. Together, they create a sense of movement and sound separation.
- To create this effect, place one speaker on each side of the TV screen, two behind the sofa, and one on top of the TV. Each should sit about level with your ears when you're seated.
- Place the center speaker, which distributes the dialogue of a movie, smack-dab in the center between the front left and right speakers.
- For action movies, you'll need a subwoofer. This component boosts the bass range of movie sound tracks.

Multichannel audio does more than play music—it puts you in the middle of the orchestra.

## New audio options

- **MUSIC—AND MORE—WHEREVER YOU GO**

Today's whole-house audio systems feature speakers throughout your home and a wireless touch-screen remote that lets you operate the system from any room. The remote, about the size of a videotape, uses two-way radio frequency communications to adjust volume, mute, change the program source, and perform just about any other function you could accomplish at the central receiver.

- **MINIATURE SPEAKERS**

"Honey, they shrunk the stereo!" You might be surprised to discover that you can now buy speakers as small as 4x2x3 inches. Coupled with a subwoofer, these mighty midgets hold their own in any home theater or whole-house music system.

- **RECESSED SPEAKERS**

These mount inside a wall or ceiling, covered by an inconspicuous grill that can be painted to match the wall. Recessed speakers are a good choice for the side and rear audio channels in a home theater system.

- **OUTDOOR SPEAKERS**

Bring tunes out to your patio, deck, or pool with weatherproof speakers. You can mount them under the eaves or simply hang them on an exterior wall.

- **"INSTANT" HOME THEATER**

Plug-and-play surround-sound systems make setting up five- or seven-channel surround audio only slightly more challenging than hooking up a stereo. You will have more [illegible] to contend with, and you'll need to locate the speakers with care, as explained above.

- **DVD AUDIO**

You can play CDs on a DVD machine, but new-generation DVD audio players, introduced just a year or so ago, deliver six-channel sound so impressive that you might decide to start phasing out your CD collection.

continued on page Z24



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continued from page Z22

# A Big Screen for Teens

The owners of this home decided that a good way to keep their teenagers happy and safe was to encourage them to invite friends to congregate. This media/game room provides a place for teens to hang out, play video games, and watch movies. Window coverings black out the room at showtime. Sectional sofas, covered in durable water- and snack-resistant fabrics, provide the gang with plenty of space to sprawl.

continued on page Z26
Buying information, page Z30



**A ceiling-mounted video projector (*above*) beams images onto the king-size screen. Speakers beside and under the screen blend unobtrusively into the media wall.**

**Abundant storage (*right*) includes drawers for favorite tapes.**

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continued from page Z24





Cabinets (*above*) flanking the TV stow audio/video equipment, tapes, and CDs. Shelving above displays family keepsakes.

Because basements are typically dark, they're often overlooked for primary living space. But as this media room (*left*) illustrates, an absence of light can be a plus for enjoying a realistic theater experience at home.

# Basement Bijou

Its location may be below-grade, but Debbie and Greg Mink's basement media room earns high marks for its cheerful, inviting atmosphere. "We wanted a look that is playful but sophisticated," Debbie told us. They chose raised-panel, maple-stained cherry with black lacquer for the media wall. Black lacquer pulls add a playful twist. Colorful sofas provide plentiful seating where family and friends can enjoy watching sports and favorite films on the 52-inch television set.

continued on page Z28
Buying information, page Z30

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continued from page Z26



Tall wave-form speakers bring a visual as well as audio dimension to the screening room's walls. Components are located in cabinets under the screen.

## Everything but the Popcorn

And, finally, for families who are especially avid fans of home theater, here's a setup that can go up in a single day. The package, which was developed by Owens Corning, includes just about everything shown—the screen, acoustical wall and ceiling baffles to manage sound, overhead projector, speakers, true theater seating (with cupholders, no less), and even a snack bar.

continued on page Z32



*"It was on my birthday I learned my little girl was free of leukemia. That was the best gift I ever had."*

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## buying guide

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**Sculpted with Drywall**

**Pages Z2-Z3: sofa, chaise**—A. Rudin, 862 Melrose Ave., Ste. 6172, Los Angeles, CA 90069; 310/659-2388. **Fabric for sofa, chaise** "#2701" (Straw Kabuki) —J. Robert Scott, 50 N. Oak St., Inglewood, CA 90302; 310/65 4910. **Television, stereo, VCR**—Sony Electronics, Inc., Customer Relations, 1 Sony D Park Ridge, NJ 07656; 800/222-766 www.sony.com. **Art glass**—homeowner collection. **Coffee table,** "Madison" (Natur Maple with Limestone insert)—Rodrique and Co., 8687 Melrose Ave. Ste. #G76, Lo Angeles, CA 90069; 310/360-0899. **Area rug** "Wool"—Elizabeth Eakins Cotton, Inc., 21 E 65th St., New York, NY 10021; 212/628-195 **Custom entertainment center, shelving, cabinets, cabinet surface** (Curly Ash, polyeste finish)—Euroconcepts, Pacific Design Cente Ste. G288, 8687 Melrose Ave., Los Angeles CA 90069; 310/657-5391. **Antique wood tra with stone fruit**—Gazebo Antiques, 120 S Robertson Blvd., Los Angeles, CA 9004 310/275-5650. **Yellow glass bowl**—Neima Marcus; to place orders or find stor locations, call 800/825-8000. **Recessed light in shelving**—Hafele America Co., 390 Cheyenne Dr., Archdale, NC 27263; 800/423 3531; www.hafeleonline.com. **Custom pain for doors, ceiling, baseboards** (Swiss Co fee)—Dunn-Edwards Paint Corp., 4885 E 52nd Pl., Los Angeles, CA 90040; 888/337 2468; www.dunnedwards.com.

**Big Screen, Center Stage**

**Pages Z6-Z8: custom cabinets, shelves**—no source. **Cabinet pulls,** "MRB-LCR (Polished Chrome)—Details, 8625-½ Melrose Ave., Hollywood, CA 90069; or call 310/659-1550. **Custom coffee table ottoman**—Hoffman, Vest, Judaken, 8924 Lindblade St., Culver City, CA 90232 310/838-1808. **Coffee table fabricated by**—Krouse Woodworking, 4791 Redwood Ave., Los Angeles, CA 90066; 310/821-5282. **Sofas, ottoman fabricated by**—Martin Brattrud Inc., 1224 W. 132nd St., Gardena, CA 90247 323/770-4171. **White oak floor installer**—Esh Hardwood Flooring, 18616 Topham St., Reseda, CA 91307; 818/343-6190.

**TV or No TV**

**Page Z18: cabinet design**—Stephanie Gaines, Curts Gaines Hall Architect, 1213 E. Sixth Ave., Tampa, FL 33605; 813/228-8000. **Cabinets**—Dennis Witmer, Witmer Specialties, P.O. Box 7590, Sarasota, FL 34278; 941/228-7281. **Fireplace**—Superior Fireplace Co.; 800/731-8101; www.superiorfireplace.com. **Tiles on fireplace**—Keystone Tile, Ruck Bros. Brick, 2200 Sarasota, FL 34237; 941/957-3933. **Tile installation**—Donatello's Tile, 5928 Sandstone Ave., Sarasota, FL 34243; 941/359-3692. **Painter for**

**ain and pickling**—Kevin Walsh, Walsh Decrative Painting, 7826 N. Leewynn Ct., Sarasota, FL 34240; 941/355-0300. **Items on helves**—homeowners' personal collection.

### Big Screen for Teens

**age Z24: sectional furniture,** "#3205 Plat-r"(Black)—Pindler & Pindler, Inc., P.O. Box 007, Moorpark, CA 93020; 805/531-9090; ww.pindler.com. (through professional de-gners only). **Custom cabinets**—James ohnston Architects, 4029-168th Ave. NE, edmond, WA 98052; 206/323-1520. **Cabinet urface,** "#S-7-36T" Hi Gloss (Precision Vhite)—Nevamar Decorative Surfaces, In-rnational Paper, Decorative Products Div., 339 Telegraph Rd., Odenton, MD 21113; 00/638-4380; www.nevamar.com.

### asement Bijou

**age Z26: television, VCR**—Mitsubishi onsumer Electronics; 800/332-2119; ww.mitsubishi-tv.com. **Media cabinet**—iscontinued. **Cabinet hardware**—no source. **ectional furniture**—Lazar Industries, 620 E. lauson Ave., Los Angeles, CA 90011; 323/232-170. **Fabric on sectional furniture**—Kravet, 25 Central Ave. S, Bethpage, NY 11715; 38/457-2838 (through professional designers nly). **Coffee table**—Wasserklar Acrylic rough Savvy Décor, 1510 E. 86th St., Indi-napolis, IN 46240; 317/848-4942; www.savvy-decorinteriors.com. **Custom wall paint**—The Sherwin-Williams Co.; 800/474-3794. **Print on wall**—personal collection. **Recessed lights**—Halo Lighting, Div., of Cooper Lighting, 1121 Hwy. 74, S. Peachtree, GA 30269; 770/486-4800; www.cooperlighting.com.

### Everything but the Popcorn

**Pages Z28, Z32: whole room media center system,** "Visionaire FX"; **room style,** "Sophisticate"—Owens Corning Corp., 1 Owenings Corning Pkwy., Toledo, OH 43659; 800/438-7465; www.owenscorning.com. **Items on bookcase shelf**—no sources. **Pattern rug**—Home Depot U.S.A., Inc.; 800/430-3376; www.homedepot.com.

## architects & designers

### Sculpted with Drywall

**Pages Z2-Z3: interior designer**—Marianne Lenz, MM Interiors, 3104 E. Cambelback Rd., Ste. #401, Phoenix, AZ 85016; 602/224-1945. **Cabinet designer**—Laurie Haefele, Euroconcepts, Pacific Design Center, Ste. G288, 8687 Melrose Ave., Los Angeles, CA 90069; 310/657-5391.

### Big Screen, Center State

**Pages Z6-Z8: architect**—Trevor Abramson, 8924 Lindblade St., Culver City, CA 90232; 310/838-8998. **Interior designer**—Hoffman, Vest, Judaken, 8924 Lindblade St., Culver City, CA 90232; 310/838-1808.

### TV or No TV

**Page Z18: architect**—Stephanie Gaines, Curts Gaines Hall Architect, 1213 Sixth Ave., Tampa, FL 33605; 813/228-8000.

### A Big Screen for Teens

**Page Z24: architect**—James Johnston Architects, Howard Miller, Project Manager, 4029-168th Ave. NE, Redmond, WA 98052; 425/869-8443. **Designer**—Jennifer Randall, Jennifer Randall 7 Assoc., 1100 E. Union St., Seattle, WA 98122; 206/323-1520.

### Basement Bijou

**Page Z26: architect**—Donald R. Scott Architect, 9964 Kovey Ct., Indianapolis, IN 46280; 317/582-0092. **Builder**—Greg Mink, Minco Companies, 503 W. Carmel Dr., Carmel, IN 46032; 317/818-4474. **Interior designer**—Linda Mordoh, ASID, Savvy Décor, 1510 E. 86th St., Indianapolis, IN 46240; 317/848-4942; www.savvydecorinteriors.com.

### Everything but the Popcorn

**Pages Z28-Z32: design and installation**—Owens Corning Corp., 1 Owens Corning Pkwy., Toledo, OH 43659; 800/438-7465; www.owenscorning.com.





continued from page Z28





**This turnkey home theater package works best in a basement or other windowless room. You can also select a version with lounge seating.**

**A ceiling-mounted DVD player (*above*) projects movies onto the king-size screen. The system includes seven speakers and a subwoofer.**

State-of-the-art acoustics include the same sort of wall and ceiling baffles used in concert halls. The seats, covered in sound-absorbing velour front and back, play an acoustical role too. And while the seats may be a bit plusher than those at your local megaplex, there are some similarities: They share armrests and are tiered so everyone gets a clear view of the screen. Owens Corning offers several other versions with different seating and styling. Cost for version shown here: $28,000. ⌂

Buying information, page Z30

## How to choose/hire a custom installer

Selecting an audio/video specialist is a lot like selecting an architect, interior designer, or other design professional. In fact, design professionals are a good source of recommendations, because many have been involved in home theater installations and know who's doing good work in your area.

After you've narrowed the field to several candidates, ask for contact references from clients, making sure that they have systems comparable in scope to the one you're considering. Is each happy with their system? Are they satisfied with the installer's work? Can they easily operate the system? Was the installer responsive to their needs and requests?

When you've identified several promising candidates, get quotes in writing that exactly specify the work to be done. An inventory that lists all equipment should be conducted, including brands, makes, and model numbers.

For a list of licensed and insured installers, contact the Custom Electronics Design & Installation Association (CEDIA) at 800/669-5329 or www.cedia. org.

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editor's choice

# Never Say Die

Maybe you've heard about reblooming irises. Sounds like a great idea, doesn't it? Why settle for two or three weeks of bloom in June if you can get another onset of full blossoming yet again a month or so later? Well, there are reblooming irises ... and then there are reblooming irises. Immortality, a pure white variety with light lemon beard, does as best as an iris can do to live up to that name. • Immortality's second flush of bloom doesn't sputter and halt. • Its stems don't come up all twisty the second time around. • And it *will* rebloom, even in the numbing climes of the Midwest and the Northeast. This is important, since so many reblooming irises seem to be tested in California—where just about any old iris will rebloom.

More testimony to Immortality: Much of the new hybridization of reblooming irises has its genesis in Immortality. And a couple of years ago, the Reblooming Iris Symposium voted Immortality the best reblooming ever. Now it will go down in the record books with the other immortals.

- **Growth habit:** 30 inches tall, 18 inches wide.
- **Hardiness:** Minus 30°.
- **Bloom time:** Early and late summer.
- **Light:** Full sun.
- **To order:** See *page 137.*

by Craig Summers Black

continued on page 132

# Look Who's Cooking with California Raisins

## CHARLIE TROTTER

CHARLIE TROTTER'S

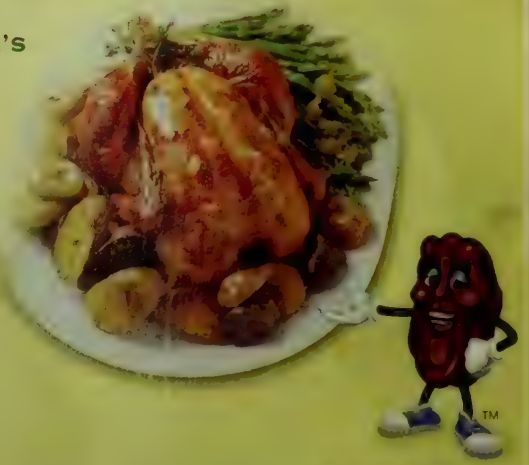
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**CHARLIE TROTTER,** *Chef/Owner, Charlie Trotter's, Chicago*
**FIVE STARS (HIGHEST RATING), 1996 - PRESENT:** *Mobil Travel Guide*
**OUTSTANDING RESTAURANT, 2000:** *The James Beard Foundation*
**BEST RESTAURANT IN THE UNITED STATES, 2000:** *Wine Spectator Magazine*
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n page 130



Hydrangeas and junipers shelter a garden bench in Duane's backyard (*above*). Roses, lilies, and lavender line the approach.

## looking good

### The compleat showman

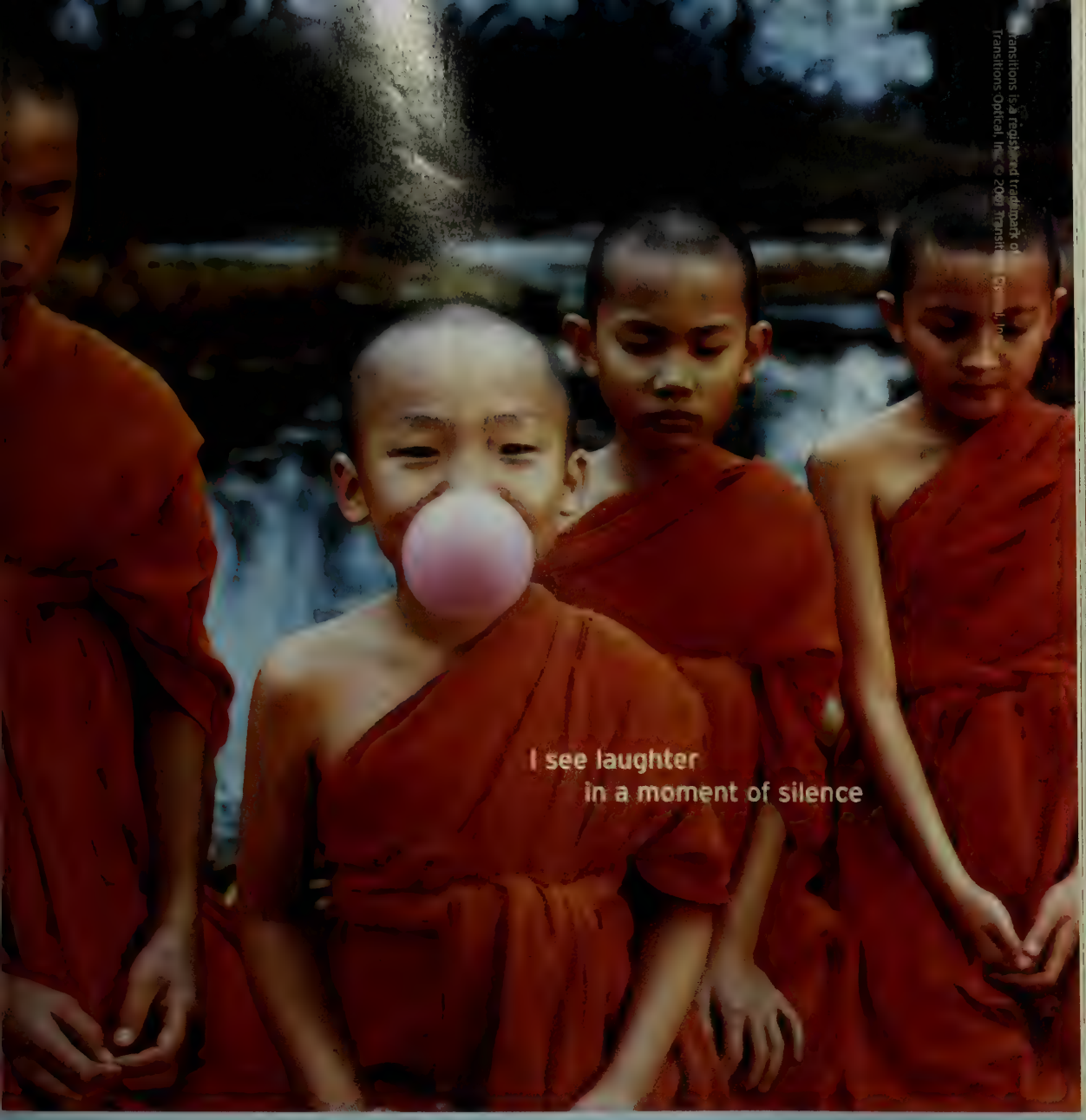
Duane Kelly, owner and producer of two of the biggest and best garden shows in the country, has picked up a few tips from the stellar designers he works with. For his property above Shilshoe Bay in Seattle, Duane and his wife, Alice, settled on an Italian theme. "We like the clean lines, the simplicity of Italian gardens," Duane says. "The aesthetics appeal to us. And our climate really lends itself to the use of Mediterranean plants." As a teen, Duane says, he considered gardening punishment. Now it is his life.

continued on page 134

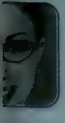


Duane favors this shady nook, where he likes to read. When he isn't gardening or traveling, he runs the Northwest and San Francisco Flower and Garden shows.

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or light | mid light | outdoor light

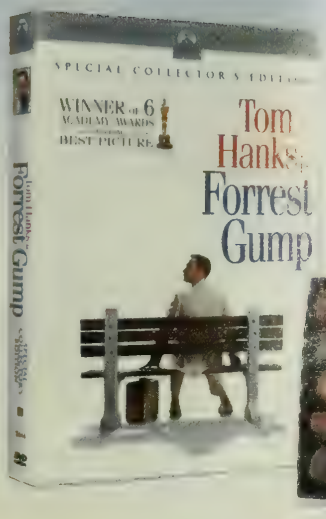
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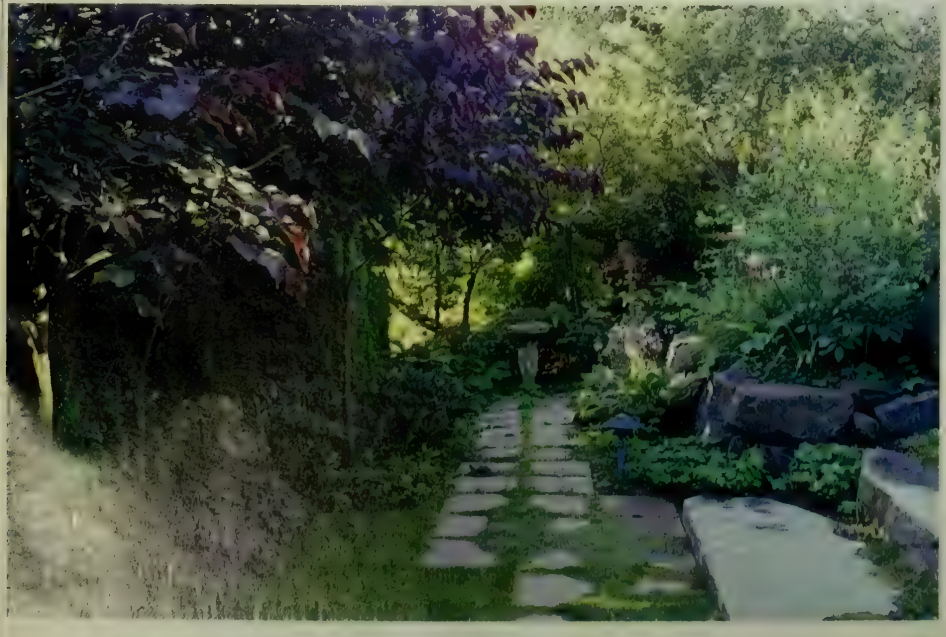

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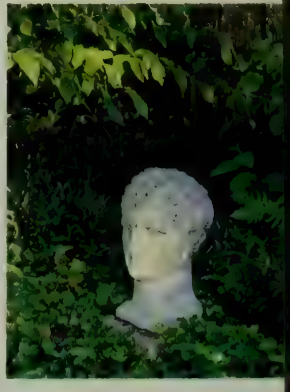
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## gardener's almanac

continued from page 132





**Duane likes minimal use of garden sculpture, such as the statue head (*above*).**

**The translucent leaves of a Forest Pansy redbud shade stone pavers, a stone retaining wall, and an ornate birdbath (*left*).**




**Carol is flanked by blue-footed friends in a tub of grapes as they reenact the infamous stomp scene from *I Love Lucy*.**

## smart gardening

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When Carol and John Rayes built their contemporary Tuscan home on a small acreage outside San Diego, they took one look at the large front and back yards and said, no sod, no way. Too much maintenance and too much water, a costly bit of nourishment in parched Southern California. So they planted grapes. And to help with care and harvesting, they corral their pals for pruning and stomping parties.

continued on page 136



The nighttime, sniffling, sneezing, coughing, aching, stuffy head, fever, so you can sleep better to feel better medicine.

Note to self: Next time, use NyQuil.

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**The above rules apply to both of the sweepstakes below**

**Home Sweeps**: Sweeps begins 9/11/01 and ends 11/6/01. Entries must be received by 11/6/01. One entry per person. On or about 11/13/01, a random drawing from among all eligible entries received will be conducted under the supervision of Meredith Corporation. **First Prize**: $5,000 towards a child's bedroom makeover in winner's residence which will include a 2 hour consultation with a BH&G design expert (ARV/$4,525) and select Barbie products such as: Twin comforters, Twin sheet set, Standard pillowcase, Standard pillow sham, Twin dust ruffle, Valance, Rod pocket, Decorative pillow, Plush pillow and sleepwear (ARV/$230.00). Design expert will be selected by BH&G. Consultant will assist with design/layout recommendations for bedroom makeover in winner's home. Consultation must be used by 9/30/02 (Total ARV/$9,755). Odds of winning depend upon number of eligible entries received. Estimated circulation of this offer is 7.6 million.

**Home Make-Over $25,000 Sweeps**: Sweeps begins 7/10/01 and ends 1/31/02. Entries must be received 1/31/02. Eligible entries to the following Barbie Sweepstakes are automatically entered into this sweepstakes: Barbie Education, Barbie Style, Barbie Home Fashion, Barbie Girl Creations and Barbie Now We're Cooking. Entries limited to 5 per person in total. On or about 3/1/02 a random drawing from among all eligible entries received will be conducted under the supervision of Meredith Corporation. Grand prize consists of $25,000 cash for a home decorating makeover and a 2-hour consultation with a BH&G interior design expert and a Barbie book set, Backpack, Pillow, Art kit and Bake with me Oven. Expert will be selected by BH&G/ARV $2,000. Barbie products ARV/$75.00. Consultation must be used by 12/31/02. Odds of winning depend upon number of eligible entries received. Estimated circulation of this offer is 38 million over a five month period

This sweepstakes may be offered in different creative executions. Barbie is a trademark owned by Mattel, Inc.

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## gardener's alman

continued from page 135

**John harvests angiovese grapes from his home vineyard (*below*).**





**Friends help harvest ripe grapes and dump them into galvanized troughs (*above*). The grape variety, which is similar to red zinfandel, is—like the house's design—of Tuscan origin. "Every year the wine gets better and better as the vines mature," John says.**



Stompers are rewarded, of course, with wine tastings—the, yes, fruit of their labor. You can entice friends into your garden, too, with the promise of fat fresh strawberries or divisions of coveted, pricey perennials.

**"Château Rayes" is surrounded by the green of grapevines, now five years old, instead of a traditional lawn.**

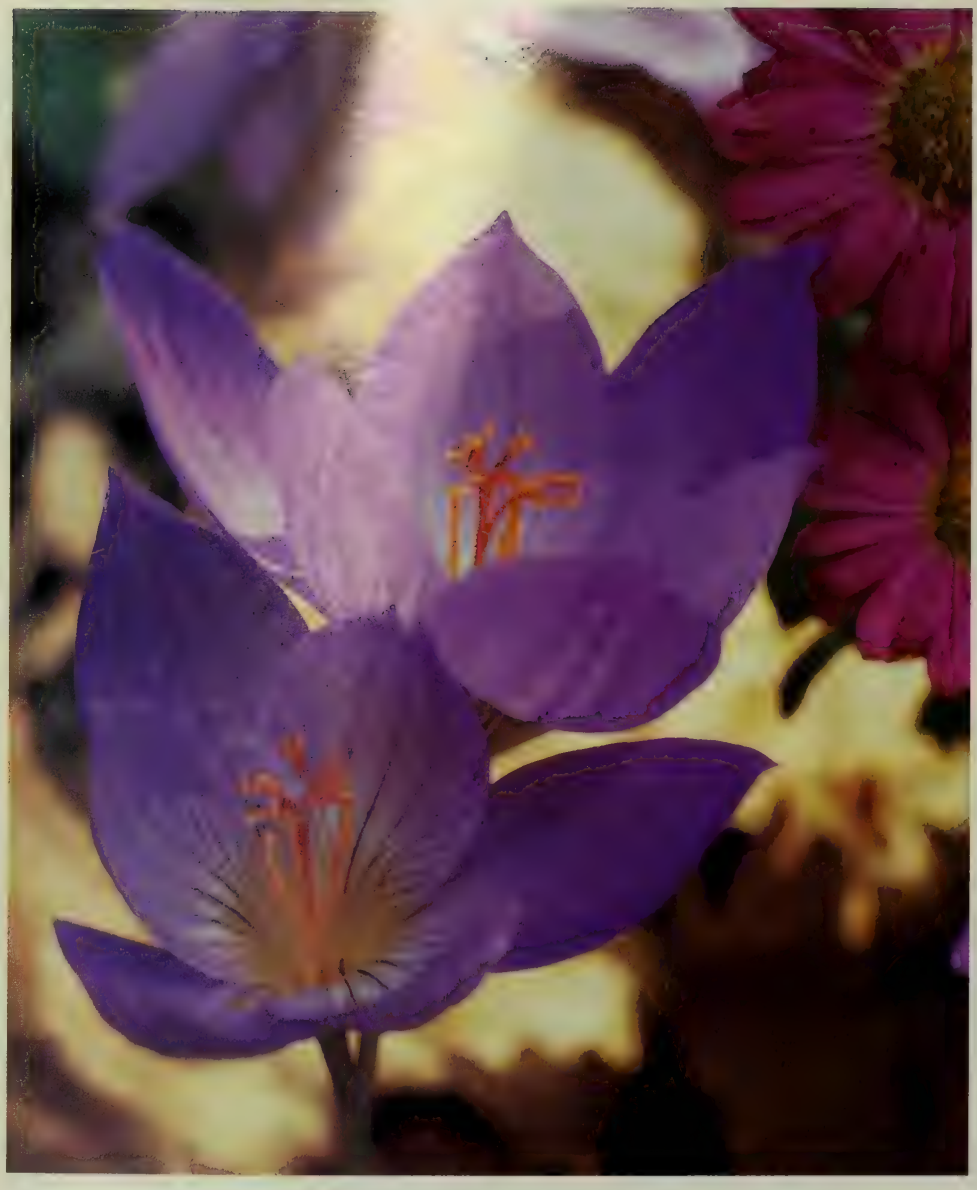
## TO ORDER IRIS

This month's Editor's Choice, the **Immortality Reblooming Iris**, will add a fluffy burst of white to your garden landscape—in early summer when you expect to see an iris, and later when the flower pops out again. Our collection contains three rhizomes plus complete growing instructions (with tips for best rebloom success). We'll ship from Carroll Gardens at the proper time for fall planting (about September 1 to November 30, 2001). One collection costs $39.95; additional collections to the same address are $32 each. Prices include shipping, handling, and applicable sales tax. *Sorry, we cannot ship to Alaska, Hawaii, Canada, Mexico, or Puerto Rico.*

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Yes, the pale blue petals proclaim that here we have a crocus. But no, we're not in spring, the season when most crocuses bloom. The clue: the mums in the background. This is *Crocus sativus*, one of several crocus species that brighten the end of the growing season. Put it by a walkway for a surprise. By fall, you'll forget you planted it.

# Buried Treasures

by
Mark Kane

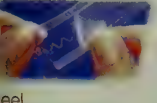
Bulbs are so naturally dramatic that wherever you plant them a spotlight shines. Give the show even more oomph by grouping each kind in generous numbers and choosing your spots with an eye on design. Here are five proven schemes. Plant now, applaud later.

continued on page 140




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continued from page 139

Under the trunks of a crape myrtle at Colonial Williamsburg, a carpet of white-flowered Ipheion uniflorum sparkles here and there with the vivid colors of Anemone de Caen (*left*). Ringing trees in a backyard orchard (*below*), two Anemone St. Brigid mingle; the pink is The Governor, and the blue is Lord Lieutenant.



Sweetness, a yellow daffodil, blooms with Lady's-mantle in the grass-free bed around an apple tree.

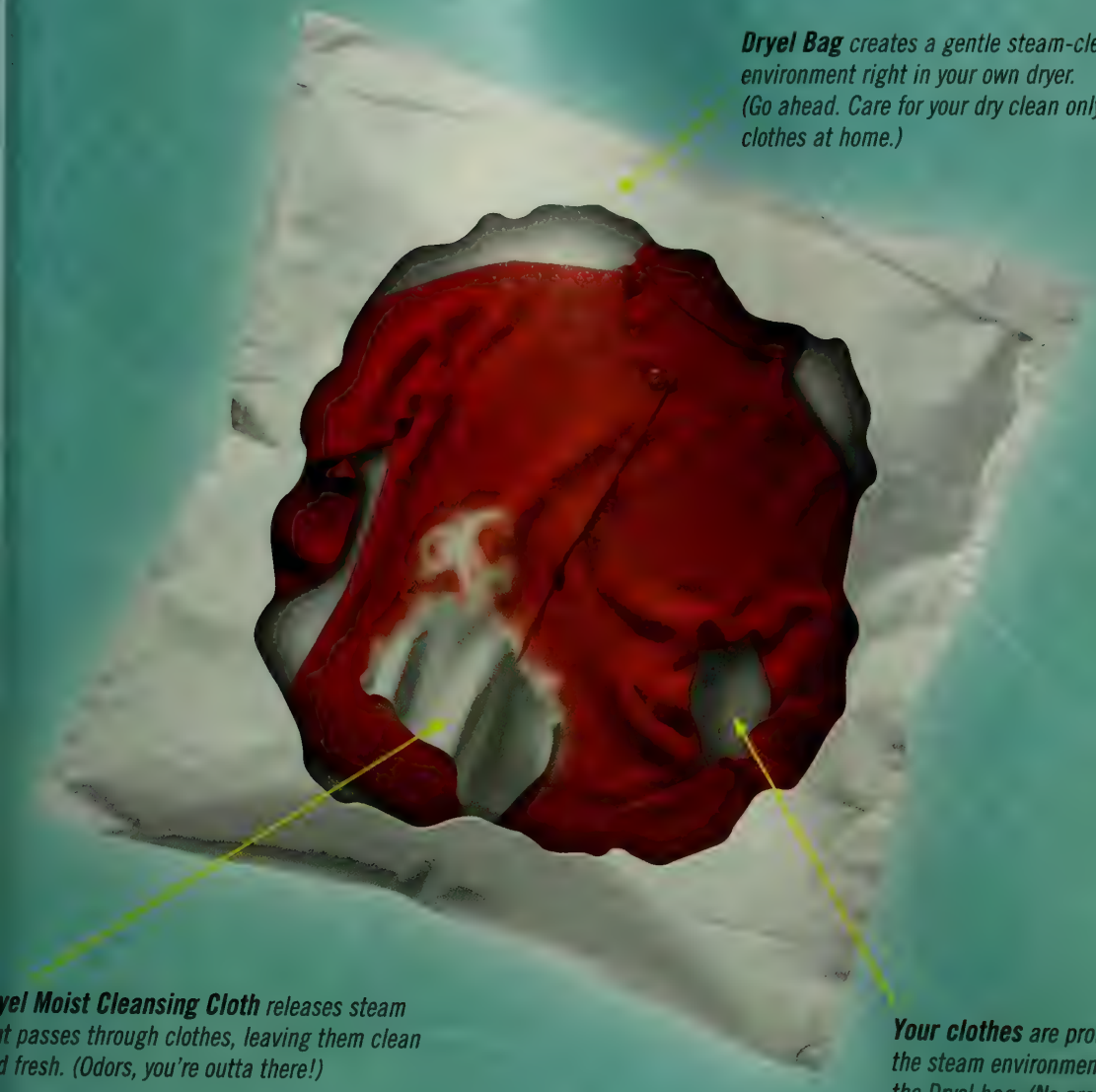


# under trees

Bulbs and trees will share the same spot happily and beautifully. Just keep the bulbs close to the trunk of the tree, where the roots are thick enough to stand a little digging, unlike the young, delicate roots farther away that absorb water and nutrients. Still, be careful not to gouge the old roots—dig between them. Choose bulbs that bloom early, such as tulips and daffs, so they have enough time in the sun to replenish their energy before the tree reaches full leaf and puts them in shade.

continued on page 142

# Something creamy's going on.



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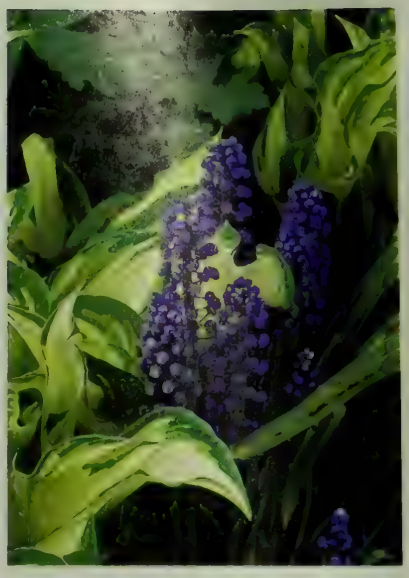


# among perennials

Bulbs and perennials were made to grow together. Dormant or awake, bulbs don't mind the roots of their neighbors weaving over and around them, and they have no trouble sending their shoots up through the tangle. It's coexistence. Early bulbs, such as daffs and tulips, bloom while most perennials are still emerging, then excuse themselves discreetly and fade away as the perennials grow big enough to hide their yellowing leaves. A classic combination is daffs mingled with daylilies. Small bulbs, such as grape hyacinths, snowdrops, scilla, and puschkinia, will bloom amid hostas, to name another idea. Try your own.

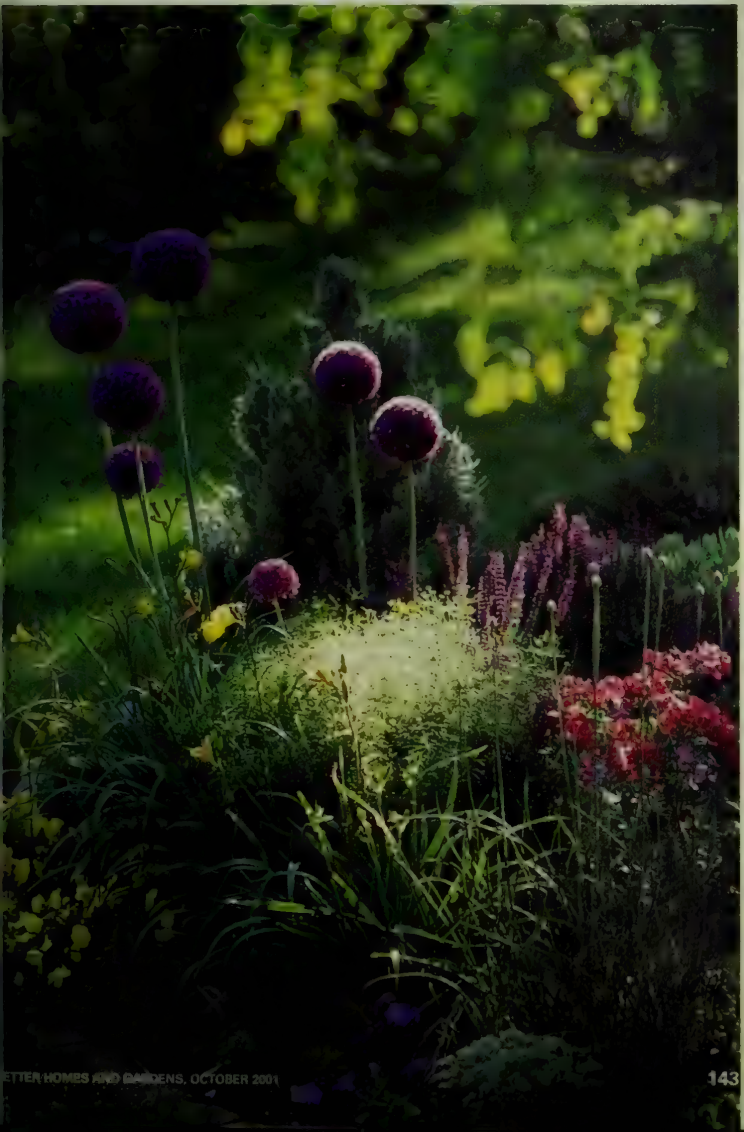
**The daffodil Suzy lifts her sunny colors above Euphorbia polychroma, an early perennial (*above*).**

continued on page 144



The blue spikes of grape hyacinth Saffier (*right*) contrast dramatically with the curling, cream-and-green leaves of Hosta fortunei Albopicta.

he pom-poms of llium Gladiator *below*) rise bove a bed of erennials and nnuals. Like ost bulbs, an llium will queeze into a ight spot and et along with s neighbors.





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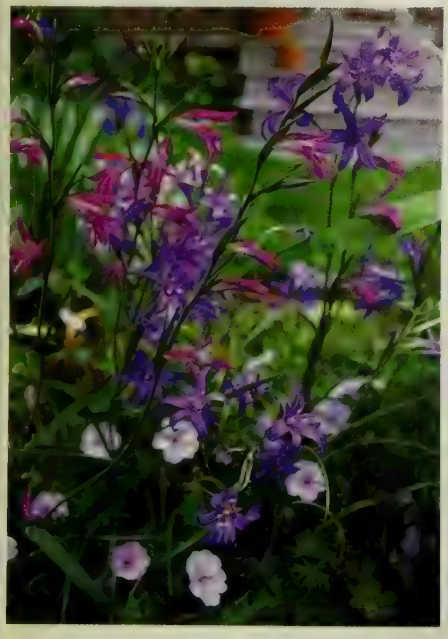
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# Buried Treasures

continued from page 143




Paired in a pot (*right*), Muscari Blue Spike and Chionodoxa Pink Giant bloom together. In the garden, plant dozens; they're small bulbs.



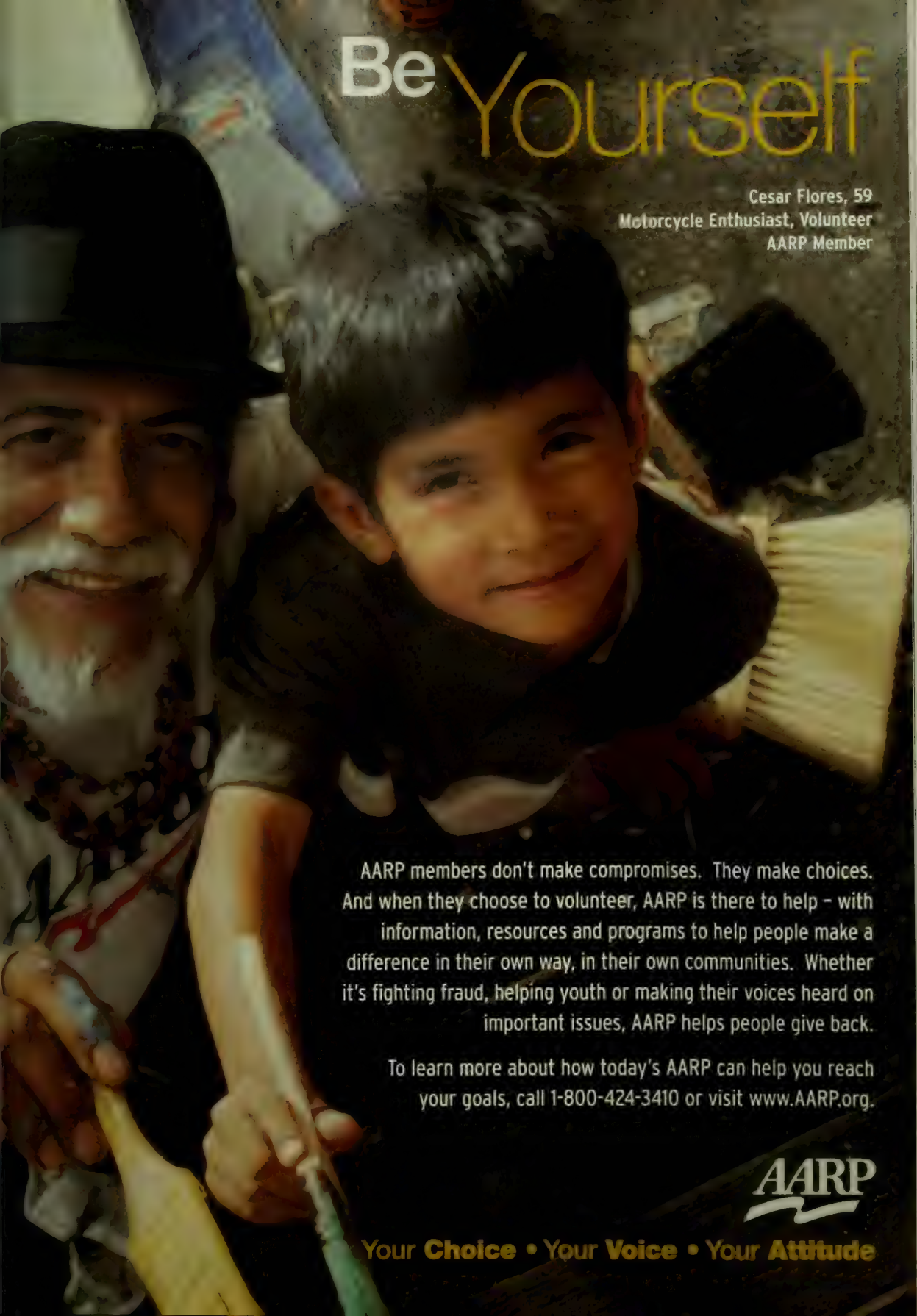
Stalks of hardy gladiolus flower in pink among the blue clusters of Ixiolirion tataricum (*above*). Both are bulbs. Below them blooms hardy geranium, a perennial.



Half a dozen each of the tulip Douglas Baader and the hyacinth L'Innocence share a pot (*above right*).

While you are experimenting with companions for bulbs, try the obvious—bulbs with bulbs. For a dramatic show combine tulips and hyacinths with early daffodils, and they'll all bloom together. Or mix grape hyacinths and anemones with daffodils that bloom a bit later, for another simultaneous display. There are possibilities for late spring, too, such as alliums—flowering onions. Try Gladiator with Allium giganteum, or gladiolus with drumstick allium (A. sphaerocephalon), which has an egg-shaped cluster of purple flowers on a tall, wiry stem. Six gladiolus and three times as many allium bulbs will balance nicely.

continued on page 146


Be Yourself
Cesar Flores, 59
Motorcycle Enthusiast, Volunteer
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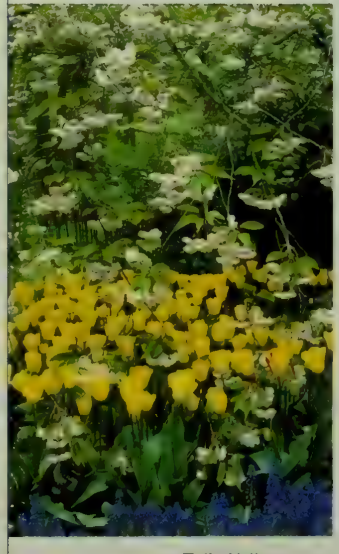
...from page 144



A big planting of tulip Lilac Time (*left*) paints a sweep of color, circled and salted with forget-me-nots. Massed bulbs are most striking with neighbors for a contrast or an echo. The echo here comes from the hint of blue in Lilac Time.



A bed of the dogtooth violet Pagoda shows off glossy leaves and dainty flowers (*right*).



Tulip Yellow Purissima glows between the grape hyacinths and an apple in bloom (*above*).

## in masses

The simplest and most dramatic idea for bulbs is to plant them in masses—a lot of one kind closely spaced in a group. For the big growers, such as giant onion (its bulb looks like a garlic clove from Jupiter), six makes a mass. For tulips, at least 25. For little bulbs like ipheion, start with 50. When you plant 25 or more of any bulb, rather than dig individual holes, it's easier to lift an entire layer of soil, set the bulbs in the excavation, and then cover them with the dirt.

continued on page 148




Purified water enhanced with minerals for a pure, fresh taste.

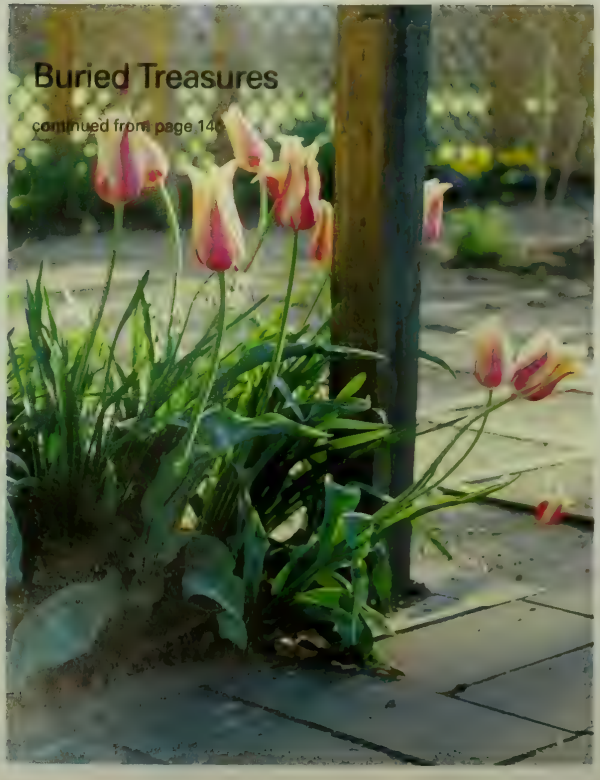
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*And the cheese? Definitely deli.*

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## Buried Treasures

continued from page 146

## at corners

Streets have street signs to signal that there's something around the corner, and gardens have accents—structures, ornaments, or plants that are chosen and placed to catch the eye and signal a change ahead. In early spring, too early for anything else to do the job, bulbs will mark a corner. Try a patch of hyacinths in a single color, or ten daffs, or (as at *left*) a dozen tall tulips.

Buying information, page 124

**The colors of a sunrise mingle on the petals of tulip Blushing Lady (*left*), which is tall enough at 16 inches to hold a corner and proclaim: Turn Here.**

### MIX-AND-MATCH BULBS

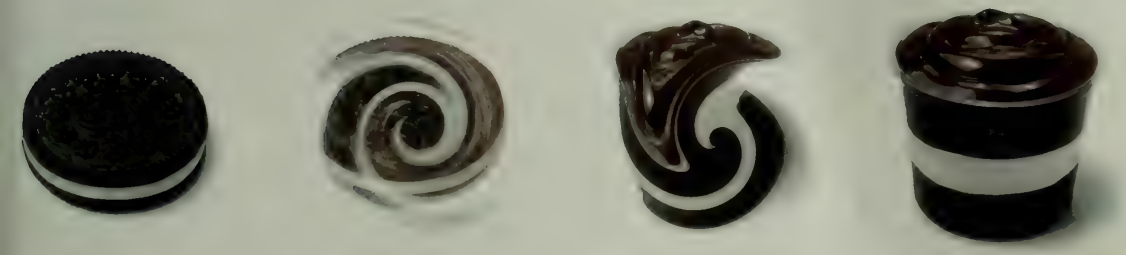
Plant drama with bulb collections created especially for the readers of *Better Homes and Gardens*® magazine. Use the collections under trees, among perennials, in mixes, in masses, and at corners to make gardens. Mix-and-match collections to extend your bloom-time show.

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# both sides now

A couple of ardent gardeners have created a gorgeous andscape in their backyard, but it is the front yard that eels quiet and secluded. Yes, you read that right: When he two of them want to escape, they sit out front.

by Craig Summers Black

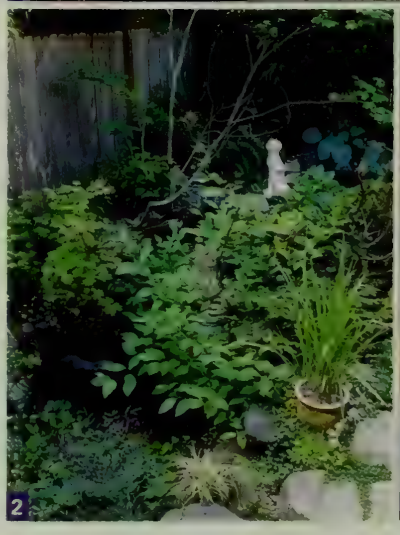



## The Front Yard

Building a fence was the first step in turning Jim Geiszler and Charlene Prideaux's front yard into a garden refuge. But what makes it such an attractive gathering spot is the combination sun porch/garden room/arbor where the two of them spend so much time together. Now, when they aren't busy gardening together, they join for coffee and conversation. Seated on comfy wicker, they banter a bit and contemplate the big questions in life—such as whether or not to pull back the awning above them. During their Pacific Northwest summers, says Jim, the couple can remain in the light until 10 p.m. And it's so secluded, he says, "You could sleep out there."

**1. The sun porch, like all their garden work, was a do-it-yourself project. The tentlike awning is retractable. 2. A board fence is the backdrop in the intimate front yard. "I'm a fence guy," Jim says. "I love my neighbors. I just don't want to see them all the time." 3. Jim is a high school teacher and art collector. Charlene, a former antiques store owner, now designs fleece products. Before they met, she had gardened only in containers.**

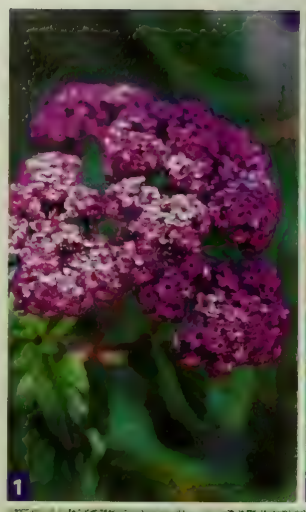

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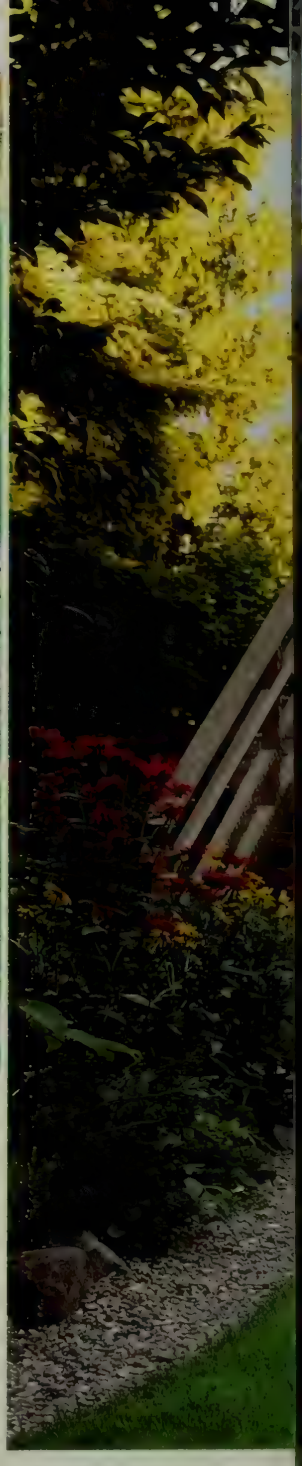
Says Jim, "Although I was getting lots of compliments on my garden, I wasn't really happy with it. And then I met my wife. The garden and I have not been the same since." The couple's modus operandi: "Let the big guy do the heavy work and the one with the artistic eye do the tweaking."











## The Backyard

Jim's original design here was a sweeping expanse of lawn, roses, and rhodies. But with the arrival of Char (as Jim calls her), the turf started disappearing and perennials started showing up in greater numbers. There has been the occasional gardening disagreement (Jim says, "Sometimes I find myself talking to the back of her head"), but Char's eye for landscaping is hard to dispute. And both garden intuitively. "I look for blank spots," Jim says. "I may not know exactly what plant I need, but I know what a space might need in terms of structure and form." So the two joke, they laugh, and they shuffle plants around—a lot. "It's easy for people to move things around inside their house. We do the same thing outside," Jim says. Adds Char, "We keep moving plants around until we find the right place for them."

**1. Jim and Char grow heliotrope for its heavenly scent. Fragrance, they say, is their next garden frontier. 2. Seating à deux here includes a bonsai Japanese maple and a garden vista. 3. A concrete bench provides a public seating area, while a multilayered green canopy shelters a more private nook. Jim likes to think of his lawn as a sea of grass, like a green water feature to complement his blue wet ones.**




oth now

**The backyard lawn is where the couple likes to entertain. The grassy area is shaped somewhat like a peanut, with soft undulating curves. "I'm big on no straight lines in the garden," Jim says. The backyard, too, was designed with the view from the second-floor bedroom and deck in mind.**



1. The "ceiling" of the front yard sun porch deflects fog and rain but lets in filtered sunlight. The fence (background) obscures the street. 2. Jim and Char like to integrate artwork into their landscape. They call this nymph "the rose lady." 3. Their landscape is layered, rising from the flat turf and gravel to perennials, shrubs, understory trees, and tall conifers. 4. White liatris towers above dark pink monarda and rudbeckias.







## The Details

Jim and Char say they do much of their design work just by sitting outside relaxing in the sun. "It's all by feeling," Jim says. "People rarely just sit back and look at their space." Even the elegant front yard sitting porch "is a shoot-from-the-hipper," he says. In the nine years that the couple has gardened together at their Shoreline, Washington, home, they have become increasingly interested in leaf texture, foliage color, and plant silhouette. "Flowers bloom only for a short time," says Char, "but the leaves are out most of the year." The other strong point in their landscape, as you might guess, is emotion. As Jim says, "The thing that drives us is not so much 'What does it look like?' but 'How do you feel when you're there?' "


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# CUT to FIT



by Joseph Boehm and Kristine Kennedy

Like a waistline, a lifestyle can expand and contract over time. With the last of four kids almost out the door, Patty and Steve Pratt realized they no longer needed their family-size home. So with a nip here and a tuck there, they fit themselves into a small beach house custom-tailored to suit their current needs.



It's a dog's life at the beach, where the Pratts enjoy lounging on the stone patio, gardening, and working out.

## The Pratt home is a traditional beach cottage with a contemporary edge. Pared-down accessories accent scaled-down furniture in colors evocative of a faded beach towel.



A cozy summer stay in a Southern California beach colony convinced the Pratts that they wanted to move down in the world. "In our old house, you could go days without going in some of the rooms," says Steve, an ophthalmologist. Suddenly, wasted space seemed like extra stress. So they moved to the highly popular vacation area, buying the only home for sale—a 1940's Marine Corps barracks with an apartment addition. "It looked like a double-wide trailer attached to a stucco, second-floor structure," says Patty. "The whole thing was a mess." Zoning requirements dictated remodeling within the existing 2,000-square-foot footprint. The Pratts retained the basic layout—the public rooms, den, and master bedroom on the main floor and a separate-entrance apartment up top. Working with interior designer Jeffrey Alan Marks, they achieved bright-and-cheery style with less stuff. Casual textures and hardy fabrics combine with a functional layout to accommodate the Pratt's athletic activities, several sandy dogs, and frequent houseguests.

Wicker is tried-and-true beach-house fare. To keep the house from looking too cutesy, the couple selected wicker pieces with modern lines and masculine substance.




BEA
BISCUITS

n their previous home, walking from the master bedroom o the kitchen while fetching a morning cup of coffee felt ke a chore. With a smaller home and more efficient layout, offee is now just around the corner.

he living room's contemporary bent continues into the kitchen, where 2-inch-thick, honed carrara marble nes the countertops and backsplash. Cream-color walls and neutral floors nify and visually enlarge the main loor's kitchen/dining area, while righter hues are used on the furniure and cabinets. This small area ould look cluttered fast, so the few atterns used are limited to simple tripes and open plaids; accessories re used only when necessary to add jolt of color to vacant space. ee-through furniture, such as the amboo stand (*left*), twig barstools *right*), and glass-front cabinet doors






(*above*), keep the eye from halting in any one spot. Beach homes are subject to hard living, and color hides a multitude of sins. Blond hardwood floors disguise sand, and indestructible high-gloss boat paint covers all the woodwork. There isn't any place in the house where sandy feet, or paws, can't go.

Dining room armchairs are at home in the den (*left*), just off the living room. A diminutive table is easily pushed aside when the foldout sofa is needed.

Shedding possessions was like being forced to walk the plank, says Steve. Then he realized, "There's not very much stuff that makes any difference."

Patty discovered that with a small house, it's best to start fresh and stick to mostly modern lines warmed by coastal colors and rough textures. In the dining area, which opens to the living room and kitchen, rustic chairs surround a sleek, custom-made table, which sits beside periwinkle-painted corner cabinets. A contemporary light fixture and simple matchstick blinds complete the look. The home's clean-lined cottage style and small proportions meant most of the old furniture didn't fit in, and the Pratts had to make some tough calls about what to chuck. They've also been smart about storage in the house, building interior-quality closets in the garage to hold work papers and seasonal clothing. And they keep a storage unit for family heirlooms. Everything else went in a garage sale.



Seen from the living room, the kitchen island (*above*) resembles a piece of furniture. Twig dining chairs and barstools are some of the few items retained from the old house.




Living with DOGS

n a small house, every part gets used every day. The naster bedroom has become a popular lounging spot—he Pratts love nothing better than time in bed with the paper, offee, and at least two dogs.

f the furniture they did keep, most items were reupholstered or repainted to fit in. In the bedroom, a chest from Patty's mother sports a new, blue-and-green pinpoint riped finish. Green glaze was applied over dark wood; lue glaze was added in stripes. The bench at the foot of ie bed, and the vanity mirror and stool were also repainted. he bench has a new cushion and the stool a new slip-over. Patty wanted the bedroom to look more plush and eminine than the rest of the house, so the room's focal oint is a floral-covered, heart-shaped upholstered head-oard. Strictly for show, the same floral fabric is stitched nto a rectangle and laid across the foot of the bed, soft-ning the look of the crisp white matelassé coverlet and nen sheets. On the floor is a needlepoint-style rug, and ie entire room is enveloped by green walls clouded over ith white glaze. The bedroom is designed for maximum erenity, the perfect place for triathlon runner Patty to nwind when she's not training.



ound at an antiques store, this black vanity table (*right*) vorks in the master bedroom precisely because it doesn't natch the room's beachy color scheme. The dark finish helps nchor an arrangement of seemingly lightweight items.

## CUT to FIT



Whether staying the weekend or having dinner on the deck, family and friends enjoy this casual home as much as the Pratts. "It's a real free-for-all," says Patty.

A flexible, almost modular, floor plan works for these nearly empty nesters. By keeping the second floor apartment, Patty (*right*) and Steve have room for visits by daughter Torey, 24 (playing guitar, *above*), and sons Tyler, 27 and Mike, 29. A spare design and durable fabrics are also perfect for current occupant, 16-year-old Brian (on bed, *above*). All in all, the Pratt's creative use of space seems fitting. Buying information, page 124



In the roomy guest bathroom (*below*), a furniturelike vanity lightens up the space. In true California beach-house style, the blue-on-white wallpaper print features palm trees.



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by Shawn Gilliam



# Kitchens Plus +

Kitchens are for cooking—and entertaining, relaxing after work, and helping the kids with those slimy science projects. Considering all the activities a kitchen hosts, it should feature the extras that make it as comfortable and family-friendly as the rest of your house.


"It's harder to find time to cook with two
boys, but we still love casual entertaining
and cooking together on the weekends."

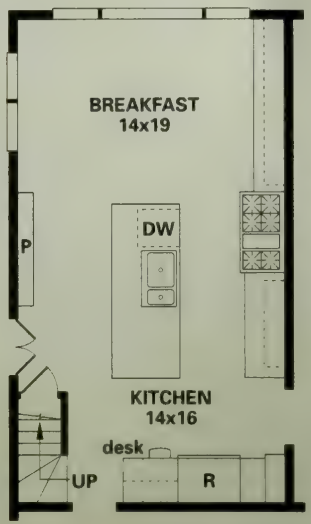
# together time

Teresa and Peter Imhoff share a love for cooking. She likes to follow recipes. He, on the other hand, prefers to improvise. But they both agree on the best place to test and invent dishes—their remodeled Westport, Connecticut, kitchen.

Convenience is key to maintaining the hobby amid a hectic routine. "It's harder to find time to cook with two energetic boys," says Teresa, mother of Joshua, 8, and Charlie, 5. "But we still love casual entertaining and cooking together on weekends."

A six-burner, two-oven professional range takes care of most of the cooking. Teresa's favorite features, however, are the marble and walnut cutting boards inset in the countertop. The walnut board next to the sink is convenient for chopping vegetables—and it's 3 feet long, allowing the couple to work side by side. "It makes cooking so much easier when you don't have to be constantly taking out and putting away chopping boards," Teresa says.

Generous spans of countertop on either side of the sink and range give Teresa and Peter room to spread out and prepare meals. Even while working, they can keep an eye on their children as they play outside.




The spacious breakfast area serves as a gathering hub, where family and friends can sit back and chat with the cooks without crowding the kitchen work core.


"No matter where you are
in this kitchen, you see outside



A marble inset (*right*) lets the Imhoffs easily roll dough for pies and cookies.





Floor-to-ceiling pantry cabinets (*left*) are close to the kitchen work core and the breakfast area. The shallow shelves mean items are always within sight. Likewise, a simple desk (*far left*) organizes household paperwork, cookbooks, and cooking magazines.

The Imhoffs worked with kitchen designer Rose Adams, who made sure the cabinets had a warm, established feeling rather than a slick, new one. The island cabinets, in particular, were painted with five coats of green paint and then treated with a decorative finish to give them a slightly worn look. Matching the cozy quality of the cabinets are maple countertops and antique pine flooring. The exposed ceiling in the breakfast area, original to the home, adds character as well.

A large vegetable and herb garden just outside provides the family with an abundance of produce for summer cooking. Picture windows wrapping the breakfast area yield pretty garden views and an occasional deer or pheasant sighting. "A lot of people want a window by the sink," Teresa says. "But no matter where you are in this kitchen, you see outside."


"When I priced using granite for
all of the countertops, it was equal
to what I paid for the house's lot years ago.

# a new outlook



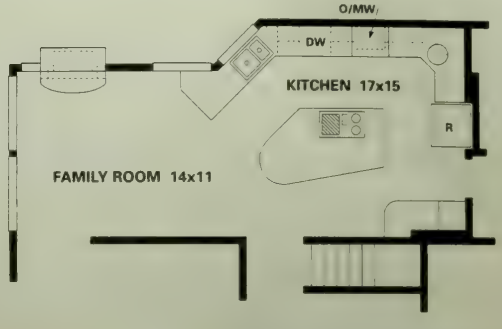
Although the Spotswoods couldn't give up a kitchen wall to windows, they were able to work in three skylights above a bank of upper cabinets. The warm light pools on the granite (and granite-look laminate) countertops and oak floors.

PHOTOGRAPHS: MICHAEL SKOTT. KITCHEN DESIGNER: KEITH BAKER. INTERIOR DESIGNER: TRACEY LAMOUREAUX. CONTRACTOR: R. WHELAN & CO. LTD. REGIONAL CONTRIBUTOR: BETTY CAMPBELL

Reinventing their approach to cooking and entertaining brought about the remodeling of Carol and Bill Spotswood's 1975 kitchen and family room in Victoria, British Columbia. "I used to want the dining room and kitchen to be separate from the rest of the house, as entertaining styles were different then," Carol says. "I think in those days you didn't want anyone to know you had dirtied a dish or made any mess—and I certainly didn't want to look from my dining room into the kitchen."

Carol changed her mind when designers Keith Baker and Tracey Lamoureaux came up with a kitchen design she would *want* open to the rest of the house. Anchoring the scheme is a granite-topped island, which houses a cooktop and snack bar. Granite-look laminate covers the rest of the kitchen's countertops. "When I priced out using granite for all of the countertops, it was equal to what I paid for the house's lot years ago," Carol says.

Taupe backsplash tiles with 1-inch-square copper insets complement the natural hues, as do oak floors that tie the kitchen in with the adjacent family room.




A 3-foot bumpout at the oven wall provided the kitchen with enough room for an island.

wall-oven cabinet would block the skylights, so the oven (*below*) sits lower.







A gas fireplace between kitchen a the famil room (*le* warms guests in either ro A TV (*ab left*) sits t the right the firepl Housed i cabinet t extends f the kitche the TV hi behind foldout d when not use.

Opening the kitchen to the family room provides the kitchen with even more sunlight, as well as an opportunity to see nearby Esquimalt Harbour. Although the Spotswoods installed larger windows to expand the view, plenty of room was left over for a small gas fireplace and a built-in entertainment unit. A new deck just beyond the family room provides a panoramic dining spot—and a place for Bill to barbecue. "Even when I work at the kitchen's island, I enjoy all of these lovely views," Carol says. "I especially love to see the sunrises and sunsets."

The open scheme also accommodates the couple's new entertaining style. "Now we have friends come over, and we'll all chip in," Carol says. "The kitchen lets people join in with me while I'm cooking, and I like that." ⌂

Buying information, page 124

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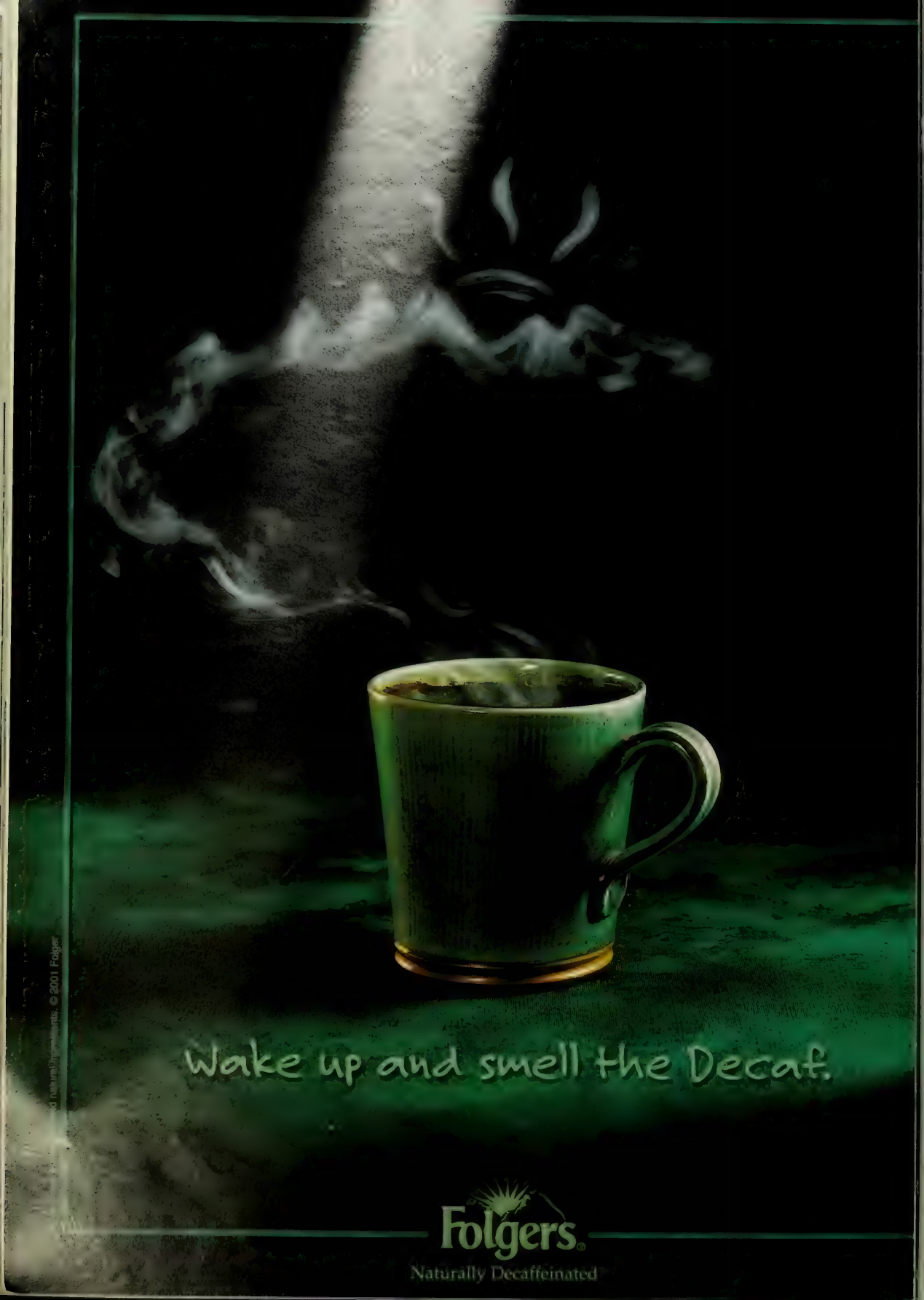
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# pie

by Jeanne Ambrose

Mom always let me "test" her apple crumble pie—even before dinner. I thought this was because I was such a good little helper. Now I know it was "just because." No wonder I get sentimental over pie. Sigh. Mom's Apple Pie is on *page 198*. Why not gather your family and make sweet memories of your own?

I love grapes. I love pie. How hard could it be to put them together? Not at all. Toss grapes in port wine or grape juice with flour and brown sugar. Spoon everything into a purchased pastry for a no-excuse treat.





**e chocolate pie**
on page 192

This started as an ode to French silk pie. But I wanted it to scream chocolate. So the limit was pushed—a brownie layer, a fudgy filling, candy bar chunks, and cocoa whipped cream. Whoa, baby.





deep-dish pear with cheddar rosemary crust




With Southern graciousness, Gussie Ann Stanford shared tips for making chocolate and peach fried pies (*above*). Another great baker—the best mother in the world—lent her incredible apple pie recipe (*right*). Thanks, Mom.


mom's apple pie



pumpkin-mascarpone pie

I confess. I never had a love affair with pumpkin pie. Until now. The big cheesecake-like swirls won me over (*left*). And while I was messing with tradition, I used quince instead of apples to give a gooey new flavor to French tarte Tatin (*below*).



**caramelized quince skillet tart**

Recipes begin on page 199



caramel nut tart



pucker-up lemon-cranberry pie

Recipes begin on page 202

This cranberry-lemon creation (*left*) was part of a barter-for-braces deal with our orthodontist. His staff raved. My personal favorite (next to Mom's pie, of course) is the nutty extravaganza (*above*). The filling is simply a can of mixed nuts held together with a buttery brown sugar "glue" in a cream cheese crust.


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continued from page 190

**ALL ABOUT PASTRY**

The pastry recipes for our feature pies begin on *page 204*. Wh working with pastry dough, us lightly floured surface. Roll pa from center to edges until it is the size called for in recipe. Wrap pastry around rolling pin, then unroll pastry into the pie plate. Gently position pastry without stretching it. For ideas to dress up the edges of your pies with creative crimping, see "Better Cook," *page 208*.

### Walnut-Molasses Pie

This walnut-packed dessert will remind you of pecan pie.

**Prep**: 25 minutes **Bake**: 45 minutes

Flaky Spiced Pastry (see *page 204*)
ly beaten eggs
¾ cup light-colored corn syrup
⅔ cup sugar
⅓ cup butter or margarine, melted
⅛ cup molasses
1 tsp. vanilla
1½ cups walnut pieces
Vanilla ice cream (optional)

1. Prepare Flaky Spiced Pastry. Roll dough into a 12-inch circle. Transfer to a 9-inch pie plate. Trim pastry to ½ inch beyond edge of pie plate. Fold under extra pastry. Crimp edge (see "Better Cook," *page 208*). Set aside.

2. Preheat oven to 350° F. For filling, in a bowl combine eggs, corn syrup, sugar, butter, molasses, and vanilla. Mix well. Stir in walnut pieces.

3. Place the pastry-lined pie plate on the oven rack. Carefully pour the filling into the pastry shell.

4. To prevent overbrowning, cove edge of pie with foil. Bake fo 25 minutes. Remove foil. Bake for 2 to 25 minutes more or until a knif inserted near center comes out clear Cool on a wire rack. Serve pie wit ice cream. Refrigerate pie withi 2 hours; cover for longer storage Makes 10 to 12 servings.

Nutrition facts per serving 448 cal., 26 g total fat (4 g sat. fat) 64 mg chol., 180 mg sodium, 51 carbo., 2 g fiber, and 6 g pro. Dail Values: 7% vit. A, 1% vit. C, 5% calcium, and 11% iron.

### Grape Mini Pies

You can make the four small pies i this recipe or one 9-inch pie. For 9-inch pie, spoon grape filling into a unbaked crust. Cover edge with foil bake 25 minutes. Remove foil; bake 25 t 30 minutes more or till filling is bubbly

**Prep**: 40 minutes **Cook**: 25 minutes



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- 5 cups large seedless red and/or green grapes, halved
- ⅓ cup packed brown sugar
- ¼ cup all-purpose flour
- 1 Tbsp. port wine or grape juice
- 1 15-oz. package folded refrigerated unbaked piecrust (2 crusts)
- 1 egg white
- 1 Tbsp. water
- Coarse sugar

1. Preheat oven to 400° F. For filling, in a large bowl stir together grapes, brown sugar, flour, and port wine or grape juice. Set aside.

2. Let refrigerated piecrusts stand at room temperature, according to package directions. On a lightly floured surface roll each crust to a 13-inch circle. Cut two 6- to 6½-inch circles from each crust. Line four 4-inch pie pans with the pastry circles. Trim pastry to ¾ inch beyond the edge of the pie pans (do not fold under). Casually crimp edges (see "Better Cook," *page 208*) letting the pastry fall over edge of pie pans in a free-form style. Transfer filling to pastry-lined pie pans.

3. Bake about 25 minutes or until pastry is golden brown and filling is bubbly. Cool on a wire rack.

4. Meanwhile, use a 1- to 2-inch leaf cookie cutter to cut four leaves from the remaining pastry. Combine egg white and water. Brush leaf cutouts with egg white mixture. Sprinkle with coarse sugar. Place cutouts on a cookie sheet. Bake 7 to 8 minutes or until golden brown. Place a leaf cutout on each pie. Makes 8 servings.

Nutrition facts per serving: 365 cal., 14 g total fat (6 g sat. fat), 10 mg chol., 209 mg sodium, 57 g carbo., 1 g fiber, and 2 g pro. Daily Values: 1% vit. A, 18% vit. C, 2% calcium, and 3% iron.

continued on page 194

**MINI PIE SET**

Make Grape Mini Pies with this **Mini Pie Set** containing miniature leaf cookie cutters and four 4-inch aluminum pie pans. The cutters (most measuring from 1 to 2 inches) nest in a tin storage box. The price of the set is $24.95, which includes shipping, handling, and applicable sales tax.



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Pie

page 193

**Extreme Chocolate Pie**

This chocoholic's bliss can be made a day in advance.

**Prep:** 35 minutes **Cool:** 1 hour
**Chill:** 4 to 24 hours

- 1 8-oz. pkg. brownie mix
- 1 cup sugar
- ¾ cup butter
- 6 oz. unsweetened chocolate, melted and cooled
- 1 tsp. vanilla
- ¾ cup refrigerated or frozen egg product, thawed, or ¾ cup pasteurized eggs
- 1 1.45-oz. bar dark chocolate, coarsely chopped
- 1 recipe Chocolate Whipped Cream (optional)

1. Preheat oven to 350° F. For crust, prepare brownie mix according to package directions. Spread in the bottom of a greased 9-inch pie plate. Bake 20 to 25 minutes or until wooden toothpick, inserted near center, comes out clean. Cool on wire rack.

2. For filling, in a medium mixing bowl beat sugar and butter with an electric mixer on medium speed about 4 minutes or until fluffy. Stir in melted and cooled chocolate and the vanilla. Gradually add egg product, beating at low speed until combined. Then beat on medium to high speed, scraping sides of bowl about 1 minute or until light and fluffy.

3. Transfer filling to prepared pie plate. Cover; chill for 4 to 24 hours. Before serving, sprinkle with chopped chocolate. Serve with Chocolate Whipped Cream. Makes 10 servings.

*Chocolate Whipped Cream*: In a chilled small bowl combine ½ cup whipping cream, 1 tablespoon sugar, and 1½ teaspoons unsweetened cocoa powder. Beat with chilled beaters on medium speed until soft peaks form. Makes 1 cup whipped cream.

Nutrition facts per serving: 428 cal., 29 g total fat (16 g sat. fat), 61 mg chol., 285 mg sodium, 45 g carbo., 3 g fiber, and 5 g pro. Daily Values: 13% vit. A, 0% vit. C, 8% calcium, and 13% iron.

**Loverly Lemon Meringue Pie**

Be sure the filling is warm when you top it with meringue. Otherwise, you might get a wet layer between filling and meringue. Secondly, bake only 15 minutes. If the meringue cooks too long, sugary beads form on top.

**Prep:** 40 minutes **Bake:** 15 minutes
**Chill:** 3 to 6 hours

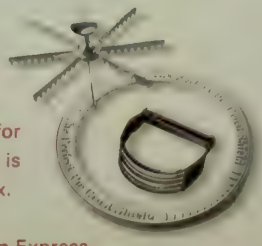
- 1 recipe Pastry for Single-Crust Pie (see recipe, *page 204*)
- 3 eggs
- 1 cup sugar
- 3 Tbsp. all-purpose flour
- 3 Tbsp. cornstarch
- ½ cup lemon curd
- 2 Tbsp. butter or margarine
- 2 tsp. finely shredded lemon peel
- ½ tsp. vanilla
- ¼ tsp. cream of tartar
- 5 Tbsp. sugar

1. Prepare Pastry for Single-Crust Pie. Preheat oven to 450° F. Roll dough into a 12-inch circle. Transfer

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**PIE BAKER'S ESSENTIALS**

Our **Pie Baker's Essentials Set** includes a stainless-steel pastry blender, an aluminum pie crust shield to protect crusts from burning while baking (*no more aluminum foil!*), and an 8-piece pie marker for dividing your pies into equal portions. The price is $32.95, which includes shipping, handling, and tax.



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*1g of almonds have 1g fat, of which only 1g is saturated.

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## Pie

continued from page 194

o a 9-inch pie plate. Generously rick bottom and sides of pastry with ork. Line pastry with a double thickess of foil. Bake for 8 minutes. Remove foil. Bake 5 to 6 minutes more r until golden brown. Cool on a wire ack. Set aside.

2. Separate egg yolks from whites; et whites aside for meringue, etting egg whites stand at room emperature for 30 minutes. Meanwhile, for filling, in a saucepan combine sugar, flour, cornstarch, and lash *salt*. Gradually stir in 1½ cups *vater*. Cook and stir over mediumigh heat until thickened and bubbly. Reduce heat; cook and stir 2 minutes nore. Remove from heat.



Pipe rows of plump meringue over the emon filling for a stunning effect.

3. Slightly beat egg yolks with a ork. Gradually stir about 1 cup of he hot filling into yolks. Pour egg olk mixture into remaining hot fillng in saucepan. Bring to a gentle oil. Cook and stir 2 minutes more. Remove from heat. Stir in lemon urd, butter, and lemon peel. Keep illing warm. Reduce oven to 350° F.

4. Prepare meringue for pie. In a arge bowl combine egg whites, anilla, and cream of tartar. Beat with n electric mixer on medium speed bout 1 minute or until soft peaks orm (tips curl). Gradually add sugar, l tablespoon at a time, beating on high peed about 4 minutes more or until nixture forms stiff, glossy peaks (tips stand straight) and sugar dissolves.

5. Pour warm lemon filling into baked pastry shell. Use a pastry bag with a large star tip to pipe meringue in rows over warm filling (see photo, *left*), sealing to edge. Bake for 15 minutes or until meringue begins to turn golden brown. Cool on a wire rack 1 hour. Chill 3 to 6 hours before serving. Cover for longer storage. Makes 8 servings.

Nutrition facts per serving: 410 cal., 14 g total fat (4 g sat. fat), 95 mg chol., 140 mg sodium, 54 g carbo., 3 g fiber, and 5 g pro. Daily Values: 5% vit. A, 1% vit. C, 1% calcium, and 7% iron.

### Deep-Dish Pear Pie with Cheddar-Rosemary Crust

Pears make a mellow match for the crust's more assertive rosemary flavor.

**Prep:** 50 minutes **Bake:** 50 minutes

- ¾ cup sugar
- 3 Tbsp. cornstarch
- 2 Tbsp. pear nectar, orange juice, or apple juice
- 8 cups thinly sliced, peeled pears
- 1 recipe Cheddar-Rosemary Pastry (see recipe, *page 206*)
- White cheddar cheese (optional)
- Fresh rosemary sprigs (optional)

1. In a large bowl stir together sugar and cornstarch. Stir in nectar or juice. Add pear slices; toss to coat.

2. Prepare Cheddar-Rosemary Pastry. Roll dough into a 13-inch circle. Transfer into a 9- or 9½-inch deep-dish pie plate. Spoon pear filling into pastry-lined pie plate.

3. Roll remaining dough into a 12-inch circle. Place pastry on filling; trim ½ inch beyond edge of plate. Fold pastry top under bottom pastry. Crimp edge (See "Better Cook," *page 208*). With a knife cut slits in the top of the pie to allow steam to escape.

4. Preheat oven to 375° F. To prevent overbrowning, cover edge of pie with foil. Place pie on baking sheet. Bake for 25 minutes. Remove foil. Bake for 25 to 35 minutes more or until top is golden brown and filling is bubbly. Cool on a wire rack. Makes 8 servings.

Nutrition facts per serving: 496 cal., 19 g total fat (6 g sat. fat), 7 mg chol., 191 mg sodium, 76 g carbo., 5 g fiber, and 6 g pro. Daily Values: 2% vit. A, 16% vit. C, 9% calcium, and 14% iron.

### One-Handed Fried Pies

The fruit-filled versions are traditional, but the fudgy pies are incredible too.

**Prep:** 35 minutes **Cook:** 20 minutes plus 8 minutes per batch

- 1½ cups dried peaches, apricots, and/or apples (6 oz.)
- 1¼ cups apple cider
- 2 cups all-purpose flour
- 2 tsp. baking powder
- 2 tsp. granulated sugar
- ¼ tsp. salt
- ¼ tsp. baking soda
- ½ cup shortening
- ⅔ cup buttermilk or ⅓ cup buttermilk and ⅓ cup whipping cream
- Water
- 4 Tbsp. shortening
- Sifted powdered sugar

1. For the filling, in a saucepan combine dried fruit and apple cider. Bring to boiling; reduce heat. Simmer, covered, for 20 to 25 minutes or until fruit is tender (cider should be cooked down). Mash slightly. Cool.

2. Meanwhile, for the pastry, in a bowl combine flour, baking powder, sugar, salt, and baking soda. Using a pastry blender, cut in the ½ cup shortening until pieces are pea-size.

3. Sprinkle 1 tablespoon of the buttermilk or buttermilk mixture over part of the flour mixture; gently toss with a fork. Push moistened dough to the side. Repeat, using 1 tablespoon of the buttermilk at a time, until all the dough is moistened. If pastry seems dry, add a little water, 1 tablespoon at a time. (Do not overhandle.) Form dough into a ball.

4. Pat or lightly roll dough into a 15-inch circle. Using a 4-inch round

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cutter, cut the dough into 12 circles, rerolling dough as needed. Place about 1 tablespoon fruit on half of each circle. Moisten edges of circles with water. Fold over into half-moon shape. Seal edges with tines of a fork.

5. In a 12-inch nonstick skillet heat 2 tablespoons of the shortening over medium-low heat. Fry half of the pies for 8 to 10 minutes or until golden brown, turning once. Drain on paper towels. (Add remaining shortening; fry remaining pies.) Serve warm. (Or, cool completely and wrap securely in foil. Place foil-wrapped pies in a tightly sealed plastic bag. Freeze pies for up to 3 weeks. Reheat frozen pies, wrapped in foil, in a 350° F oven about 25 minutes until heated through.)

...h powdered sugar before ...kes 12 individual pies.

*Chocolate Fried Pies*: Omit fruit ... Prepare pastry as directed. ...colate filling, in a small bowl combine ½ cup sifted powdered sugar and ¼ cup unsweetened cocoa powder. Stir in 4 tablespoons melted butter. Spread a scant 2 teaspoons of mixture onto each pastry circle. Fry pies as directed.

Nutrition facts per peach fried pie: 258 cal., 13 g total fat (3 g sat. fat), 0 mg chol., 158 mg sodium, 34 g carbo., 2 g fiber, and 3 g pro. Daily Values: 7% vit. A, 3% vit. C, 8% calcium, and 11% iron.

### Mom's Apple Pie

My mother always doubled this recipe. One pie was for immediate eating. The other went into the freezer.

**Prep:** 30 minutes **Bake:** 50 minutes

- 1 recipe Pastry for Single-Crust Pie (see recipe, *page 204*)
- ¼ cup sugar
- 2 Tbsp. all-purpose flour
- ½ tsp. ground cinnamon
- ⅛ tsp. salt
- 6 cups thinly sliced, peeled tart cooking apples (about 2¼ lb.)
- 1 recipe Crumb Topping

1. Prepare Pastry for Single-Crust Pie. Roll dough into a 12-inch circle. Transfer to a 9-inch pie plate. Trim pastry to ½ inch beyond edge of pie plate. Fold under extra pastry. For a fluted edge, place your thumb against the inside of the pastry. Press dough around your thumb with the thumb and index finger of your other hand. Press the tines of a fork lightly into the center of each flute. Set aside.

2. Preheat oven to 375° F. In a large mixing bowl stir together sugar, flour, cinnamon, and salt. Add



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apple slices. Gently toss to combine.

3. Transfer apple mixture to pastry-lined pie plate. Sprinkle Crumb Topping over apple mixture. Gently pat mixture down over apples. Place pie on a baking sheet. Cover entire pie loosely with foil. Bake for 15 minutes. Remove foil. Bake for 35 to 40 minutes more or until top is dark golden brown and apples are tender. Cool on a wire rack. Makes 8 servings.

*Crumb Topping*: In a bowl stir together ¾ cup packed brown sugar, ½ cup flour, and ½ teaspoon ground cinnamon. Using a pastry blender, cut in ⅓ cup butter until the mixture resembles coarse crumbs. Stir in 1 cup chopped walnuts.

*To make ahead and freeze*: Prepare as above, except after sprinkling with Crumb Topping, wrap entire pie tightly in a double thickness of foil. Freeze up to three months. To bake frozen pie, remove foil wrapping and place frozen pie on a baking sheet. Cover entire pie loosely with foil. Bake in a 350° oven 40 minutes. Remove foil. Bake 35 to 40 minutes more or until top is brown and apples are tender. Cool on wire rack.

Nutrition facts per serving: 521 cal., 27 g total fat (8 g sat. fat), 22 mg chol., 201 mg sodium, 69 g carbo., 6 g fiber, 6 g pro. Daily Values: 7% vit. A, 2% vit. C, 6% calcium, 15% iron.

**Pumpkin Mascarpone Pie**

Because the mascarpone mixture is heavier than the pumpkin mixture, it needs to be coaxed with a spatula or knife into swirls.

**Prep:** 25 minutes **Bake:** 50 minutes
**Cool:** 1 hour **Chill:** 2 hours

- 1 recipe Pastry for Single-Crust Pie (see recipe, *page 204*)
- 1 8-oz. pkg. mascarpone or cream cheese, softened
- 1 slightly beaten egg yolk
- 2 Tbsp. honey
- ½ tsp. vanilla
- 1 cup canned pumpkin
- 1 5-oz. can evaporated milk (⅔ cup)
- 2 slightly beaten eggs
- ⅓ cup packed brown sugar
- 1 tsp. ground cinnamon
- ¼ tsp. ground nutmeg

1. Preheat oven to 375° F. Prepare and roll out Pastry for Single-Crust Pie. Roll dough into a 12-inch circle. Transfer to a 9-inch pie plate. Trim and crimp edge high (see "Better Cook," *page 208*).

2. In a bowl beat mascarpone or cream cheese, egg yolk, honey, and vanilla with an electric mixer on low to medium speed until smooth. Set aside.

3. In another bowl stir together pumpkin, evaporated milk, the remaining 2 eggs, brown sugar, cinnamon, and nutmeg. Pour pumpkin

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THE LENOX PIERCED

# *Pumpkin Votive*

### *Cast a Halloween spell of light and shadow*

Nothing evokes the glory of autumn like a pumpkin on its vine. And there's no lovelier way to add a soft glow to your autumn evenings than with this beautiful *Lenox Pierced Pumpkin Votive.*

This delightful votive is crafted of ivory fine china in the shape of a pumpkin. Its stem is gilded in pure 24 karat gold. And the sides feature a flowing, bas-relief vine.

The leaves of the vine are delicately pierced through the Lenox china. So when a lighted candle is placed inside, the votive casts a flickering pattern of light.

### *Premier issue*

*The Lenox Pierced Pumpkin Votive* is the first issue in a collection of autumn home décor from Lenox. The price of this imported votive is $48. Each will bear the Lenox® hallmark and be issued with a Certificate of Authenticity.

To acquire this superbly crafted votive for yourself or as a special gift—complete and mail the Order Form today.




***Hand-painted fine china with accents of 24 karat gold***

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The *Rise 'n' Shine Roosters Salt & Pepper Set* inaugurates a collection of rooster home accents in Lenox® fine china. Each salt and pepper set will be issued with a Certificate of Authenticity.

To acquire this imported set of hand painted china shakers at just $29.90, simply complete and mail the attached Order Form today. With Lenox, your satisfaction is guaranteed.



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# Pie

continued from page 199

mixture into pastry-lined pie pla... Dollop the mascarpone mixture o... pumpkin mixture. Pull a thin me... spatula or knife gently through ...llops to swirl fillings.

4. Bake for 50 minutes or until top is puffed and a knife inserted near the center comes out clean. Cool for 1 hour on a wire rack. Cover and chill at least 2 hours before serving. Makes 8 servings.

Nutrition facts per serving: 377 cal., 25 g total fat (11 g sat. fat), 121 mg chol., 124 mg sodium, 33 g carbo., 2 g fiber, and 11 g pro. Daily Values: 138% vit. A, 3% vit. C, 8% calcium, and 10% iron.

### Caramelized Quince Skillet Tart

When cooked, quince tastes like a cross between an apple and a pear.

**Prep:** 20 minutes **Bake:** 30 minutes
**Cook:** 20 minutes **Stand:** 20 minutes

- ½ cup butter or margarine
- 6 cups thickly sliced, peeled quince or cooking apples (5 to 6 quince or apples)
- ⅔ cup sugar
- 1 recipe Buttery Pastry

1. Preheat oven to 375° F. In a 10-inch ovenproof skillet melt the butter over medium heat. Stir in the quince or apples and sugar. Cook over medium heat, stirring occasionally, until bubbly. Reduce heat to medium-low. Cook, uncovered, for 20 minutes more or until quince or apples are very tender, stirring ...ll (if using quince, mix... ...ken and turn deep gold... ...). Remove from heat.

... lightly floured surface, use ...nds to slightly flatten But... ...try dough. Roll dough from ... to edge into a 10-inch circle. ... slits in the pastry. Unroll pastry ...r quince mixture in skillet, being ...ful not to stretch pastry. If nec...ssary, fold under edges of pastry.

3. Bake about 30 minutes or until the pastry is golden brown and filling is bubbly. Cool in skillet on a wire rack for 5 minutes. Invert onto a large serving plate. Carefully lift off the skillet. Allow to stand about 20 minutes more. Makes 12 servings.

*Buttery Pastry*: In a bowl stir together 1½ cups all-purpose flour and 3 tablespoons sugar. Cut in ½ cup butter until pieces are pea-size. Using a fork, stir in 1 slightly beaten egg and 1 to 2 tablespoons cold water until all dough is moistened. Form into a ball.

Nutrition facts per serving: 289 cal., 17 g total fat (10 g sat. fat), 61 mg chol., 173 mg sodium, 33 g carbo., 1 g fiber, and 3 g pro. Daily Values: 13% vit. A, 13% vit. C, 2% calcium, and 7% iron.

### Caramel Nut Tart

The filling for this little number can be put together in minutes.

**Prep:** 25 minutes **Bake:** 38 minutes

- 1 recipe Cream Cheese Pastry (see recipe, *page 206*)
- ⅓ cup butter
- ⅓ cup packed brown sugar
- 2 Tbsp. light-colored corn syrup
- 1½ cups unsalted mixed nuts
- ½ tsp. vanilla

**ALL-PURPOSE SKILLET**

This **10¼-inch Cast Iron Skillet** is just what the cook ordered for our Caramelized Quince Skillet Tart. The durable skillet features a helpful "assist handle." The price of the skillet is $29.95, which includes shipping, handling, and applicable sales tax.



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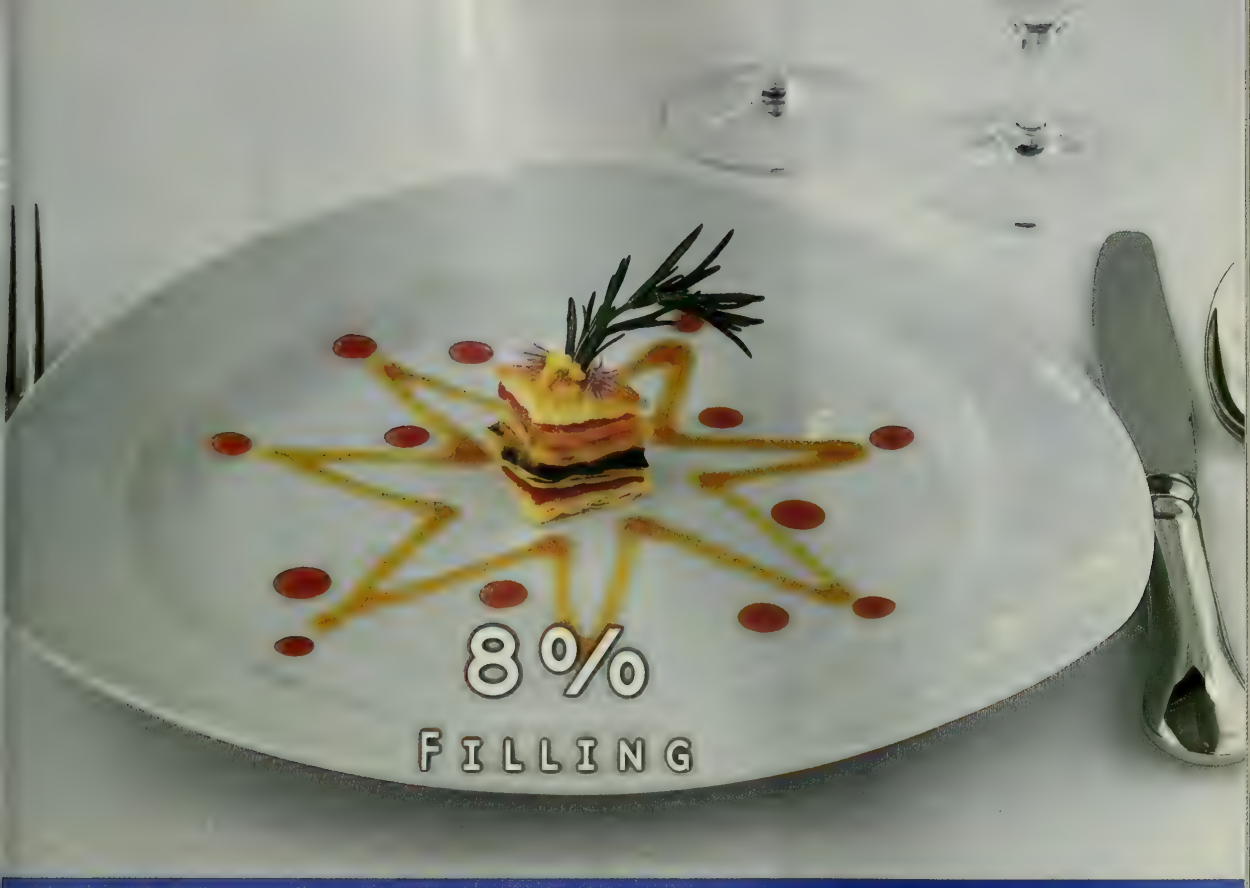
1. Preheat oven to 450° F. Prepar... Cream Cheese Pastry. Roll pastr... into a 16×6-inch rectangle. Transfe... pastry into an ungreased 13¾×4-inc... tart pan with a removable botton... (Or, roll dough into a 10-inch circle... Transfer to an ungreased 9-inch ta... pan with removable bottom.) Pres... pastry into the fluted sides of tart pa... Trim edge. Line pastry with a doubl... thickness of foil. Bake for 10 minutes... Remove foil; bake 8 minutes more... Cool on wire rack. Decrease ove... temperature to 375° F.

2. In a heavy small saucepan com... bine butter, brown sugar, and cor... syrup. Bring to boiling over mediun... heat. Remove from heat. Stir i... mixed nuts and vanilla. Pour fillin... into cooled crust, spreading evenly... Place tart pan on a baking sheet.

3. Bake in the 375° F. oven fo... 20 minutes. Cool on a wire rack fo... 15 minutes; remove sides of pan... Cool completely. Makes 10 servings.

Nutrition facts per serving: 357 cal., 26 g total fat (11 g sat. fat), 40 mg chol., 180 mg sodium, 27 g carbo., 3 g fiber, and 6 g pro. Daily Values: 11% vit. A, 0% vit. C, 4% calcium, and 9% iron.

continued on page 204







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**...cker-Up Lemon-Cranberry Pie**
Lemon slices plus cranberries multiply ... pucker power of this pie.
Prep: 25 minutes **Bake:** 55 minutes

- 1 recipe Pastry for Double-Crust Pie (see recipe, *page 206*)
- 1¼ to 1⅓ cups granulated sugar
- 2 Tbsp. all-purpose flour
- 3 cups cranberries
- 2 lemons, peeled (with white membrane removed), thinly sliced, and halved
- 1 beaten egg white
- 1 Tbsp. water
- 1 Tbsp. coarse sugar

1. Prepare Pastry for Double-Crust Pie. Roll half the pastry into a 12-inch circle. Transfer into a 9-inch pie plate. Set aside.

2. Preheat oven to 375° F. In a large mixing bowl combine granulated sugar and flour. Add cranberries and lemon slices. Gently toss to coat.



A lattice pattern over the filling lets the cranberries show off their colors.

3. Transfer fruit mixture to pastry-lined pie plate. For lattice top, roll remaining pastry into a 12-inch circle. Cut pastry into ½-inch-wide strips. Fill pastry-lined pie plate with filling. Weave strips over filling (see photo, *above*). Press the ends of pastry strips into crust rim. Fold the top pastry over the bottom pastry strips. Use the tines of a fork to seal the edge.

4. Trim pastry to edge of pie pla... Press the tines of a fork lightly in... pastry around entire edge of pie.

5. Combine egg white and wate... brush onto pastry. Sprinkle wi... coarse sugar.

6. To prevent overbrowning, cov... the edge of the pie with foil. Ba... for 25 minutes. Remove foil. Bake f... 30 to 35 minutes more or until t... is golden brown and filling ... bubbly. Cool on a wire rack. Mak... 8 servings.

Nutrition facts per servin... 411 cal., 18 g total fat (4 g sat. fa... 0 mg chol., 142 mg sodium, 61 ... carbo., 3 g fiber, and 4 g pro. Dai... Values: 0% vit. A, 22% vit. ... 1% calcium, and 9% iron.

**Flaky Spiced Pastry**
**Prep:** 10 minutes

- 1¼ cups all-purpose flour
- ½ tsp. ground mace
- ¼ tsp. salt
- ⅓ cup shortening
- 4 to 5 Tbsp. cold water

1. In a medium mixing bowl sti... together flour, mace, and salt. Usin... a pastry blender, cut in shortenin... until pieces are pea-size. Sprinkl... 1 tablespoon of the water over par... of the mixture; gently toss with ... fork. Push moistened dough to th... side of the bowl. Repeat moistenin... dough, using 1 tablespoon of th... water at a time, until all the dough i... moistened. Form dough into a bal... Proceed as directed in Walnut ... Molasses Pie (see recipe, *page 192*). Makes 1 single-crust pastry.

**Pastry for Single-Crust Pie**
**Prep:** 10 minutes

- 1¼ cups all-purpose flour
- ¼ tsp. salt
- ⅓ cup shortening
- 4 to 5 Tbsp. cold water

1. In a medium mixing bowl sti... together flour and salt. Using ...

continued on page 206




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continued from page 204

pastry blender, cut in shortening until pieces are pea-size.

2. Sprinkle 1 tablespoon of the water over part of mixture; gently toss with a fork. Push moistened dough to the side of the bowl. Repeat moistening dough, using 1 tablespoon of the water at a time, until all dough is moistened. Form into a ball.

3. Fill and bake as directed for individual pies. Makes 1 single-crust pastry.

*Food processor directions*: Prepare as above, except place steel blade in food processor bowl. Add flour, salt, and shortening. Cover and process with on/off turns until most of the mixture resembles cornmeal, but a few larger pieces remain. With food processor running, quickly add ¼ cup water through feed tube. Stop the food processor as soon as all the water is added. Scrape down the sides. Process with two on/off turns (mixture may not all be moistened). Remove dough from bowl; shape into a ball.

**Cheddar-Rosemary Pastry**
**Prep:** 20 minutes

- 2½ cups all-purpose flour
- 1½ tsp. snipped fresh rosemary or ½ tsp. dried rosemary, crushed
- ½ tsp. salt
- ⅔ cup shortening
- ½ cup finely shredded white cheddar cheese (2 oz.)
- 7 to 8 Tbsp. cold water

1. In a large mixing bowl stir together flour, rosemary, and salt. Cut in shortening until pieces are the size of small peas. Stir in shredded cheese. Sprinkle 1 tablespoon water at a time over part of the mixture; gently toss with a fork. Push to the side of the bowl. Repeat until all is moistened. Divide dough in half. Form each half into a ball. Proceed

[illegible] in Deep-Dish Pear Pie [illegible]dar-Rosemary Crust (see [illegible] *197*).

**[illegible]y for Double-Crust Pie**
**Prep:** 15 minutes

- [illegible] cups all-purpose flour
- ½ tsp. salt
- ⅔ cup shortening
- 6 to 7 tablespoons cold water

1. Stir together flour and salt. Using a pastry blender, cut in shortening until pieces are pea-size.

2. Sprinkle 1 tablespoon of the water over part of mixture; gently toss with a fork. Push moistened dough to side of bowl. Repeat, using 1 tablespoon water at a time, until all the dough is moistened. Divide in half. Form each half into a ball. Proceed as directed in Pucker-Up Lemon-Cranberry Pie (see recipe, *page 204*).

*Food processor directions*: Prepare as above, except place steel blade in food processor bowl. Add flour, salt, and shortening. Cover and process with on/off turns until mixture resembles cornmeal, but a few larger pieces remain. With processor running, quickly add 6 tablespoons water through feed tube. Stop the food processor when all water is added; scrape down sides. Process with two on/off turns (mixture m[illegible] not all be moistened). Remov[illegible] dough from bowl; shape into a ba[illegible] Divide in half.

*To make double-crust pie*: Prepare [illegible] above, except roll out half the doug[illegible] into a 12-inch circle. Transfer to [illegible] 9-inch pie plate. Fill as desired. Ro[illegible] out remaining dough into a circ[illegible] about 12 inches in diameter. Cut sli[illegible] to allow steam to escape. Plac[illegible] remaining pastry on filling; trim ½ inch beyond edge of plate. Fold to[illegible] pastry under bottom pastry. Crim[illegible] edge as desired. Bake as directed.

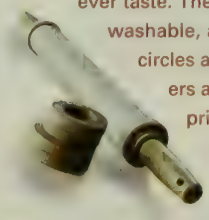
**Cream Cheese Pastry**
**Prep:** 20 minutes

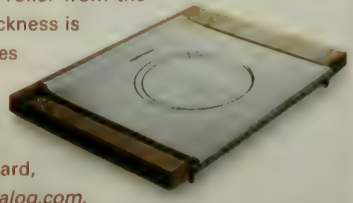
- 1¼ cups all-purpose flour
- ⅛ tsp. salt
- 1 3-oz. pkg. cold cream cheese
- ¼ cup cold butter (no substitutes)
- 2 to 3 Tbsp. ice water
- 1 tsp. cider vinegar

1. In a bowl stir together flour an[illegible] salt. Cut in cream cheese and butte[illegible] until pieces are pea-size. Using [illegible] fork, stir in ice water and vinega[illegible] until all dough is moistened. Usin[illegible] your fingers, gently knead the doug[illegible] just until a ball forms. Flatten doug[illegible] into a disc. Proceed as directed i[illegible] Caramel Nut Tart (see recipe, *pag[illegible] 202*). Makes one 10-inch crust. ♦

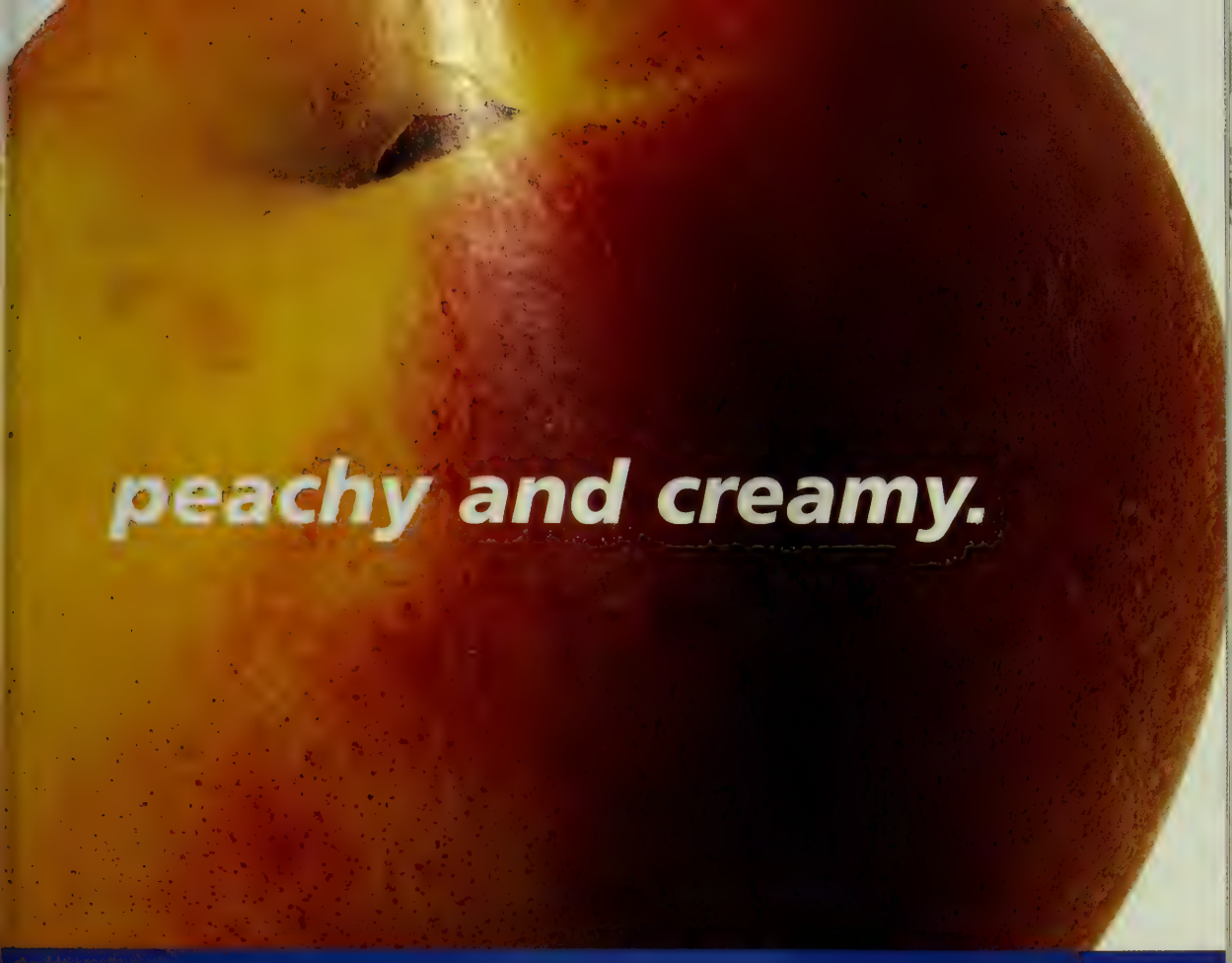
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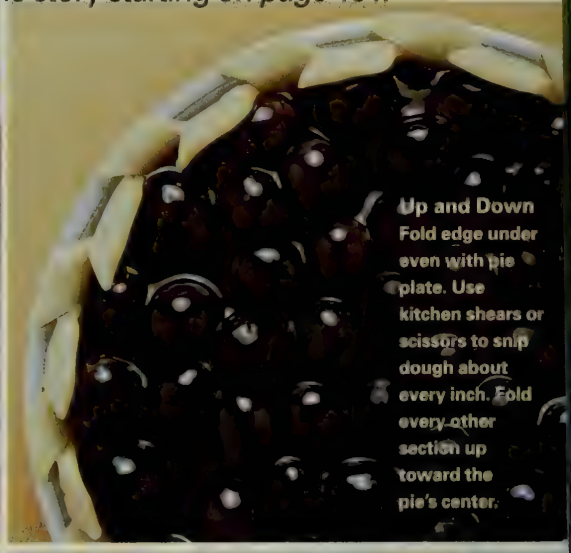
**Free Form**
Trim the pastry ¾ inches wider than pie plate; lift and form into large scallops, allowing pastry to fall over plate's edge. Pastry over-browns easily, so use for pies baked 20 minutes or less.

## Around We Go

More ways to doll up the pies seen in the story starting on *page 181.*



**Round the Rim**
Trim pastry flush to the edge of the pie plate. With a melon baller or a small cookie cutter, cut small circles from pastry scraps. Use a little water to attach circles around the rim.



**Up and Down**
Fold edge under even with pie plate. Use kitchen shears or scissors to snip dough about every inch. Fold every other section up toward the pie's center.



**Beginner's Pride**
After folding the edge under as directed, use a spoon to press a design into the rim of the crust.



**Flute Appeal**
Fold edge under as directed. Loosely pinch dough around your thumb to form scallops. Use the tip of a spoon to make indentations in the inside of the scallop.




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# Win Money and Prizes

## ...ed Recipes® (see page 213)

Your original recipe could be worth up to $400 and net you a kitchen full o... new appliances. Send your recipes (ones that have never before been published... to our Prize Tested Recipes® contest, which features two new categories eac... month. Seven months later, we'll publish the four winning recipes.

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**Monthly Prizes:** Two $400 winners, Two $200 winners, Ten $50 honor roll...

**May 2002 Categories: Egg Stratas and Casseroles:** Share your layered strat... that chills overnight, or a casserole that's ready in minutes. Include ingredient... such as vegetables, cheeses, seasonings, breads, sausages, and other meats.

**Chicken Salads:** Do you have a special combination of ingredients for thi... favorite? Marinated chicken, perhaps? Unusual vegetables or fruits? Tell u... about the way you serve it too, whether on a bed of greens, as a sandwich filler... or tucked into cream puff shells.

**This Month's Winners** — Pages 213 and 214

$400 Winners: Suzanne Goddyn, Portland, Ore.; Brenda A. Watson, Mobile, Ala. $200 Winners: Lauri... Balcom, Lynden, Wash.; Yocheved Schwartz, Brooklyn, N.Y. $50 Honor Roll Winners: Arlene Aughey... Saddle Brook, N.J.; Lynda Auten, Concord, N.C.; Daphne Backes, Tehachapi, Calif.; Debra Brabo, Corona... Calif.; Christy Foster, Austin, Texas; Carol Loretz, Coal Valley, Ill.; Margaret Maples, Acton, Mass.; Juli... McCuiston, Olympia, Wash.; Adrianne Spota, Marlboro, N.J.; Julie Wesson, Hainesville, Ill.

**Contest Rules:** NO PURCHASE NECESSARY. 1. The contest is open to legal U.S. residents... except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate families... 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "Egg... Stratas and Casseroles" or "Chicken Salads." Specify brands and recipe origin. 3. Send recipes by... postal mail to: 0205 Food Department, *Better Homes and Gardens*® Magazine, Des Moines, IA 50309-... 3023. Or, send e-mail entries to: ptr@mdp.com. 4. Entries must be postmarked by October 24, 2001... and received by October 31, 2001. E-mail entries must be posted by 11:59 p.m., EDT, October 24, 2001... 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affi... davit, release, and copyright assignment. The annual grand prize winner will be selected from the... year 2002's top winners on or about October 1, 2002, and will be notified by mail. The grand prize... winner will choose up to $5,000 worth of GE Profile appliances from a local dealer at the dealer's then-... current retail prices. Any applicable sales tax, delivery charges, or additional costs will be included... in the $5,000 prize. Cash will not be offered in lieu of prizes. 6. Entries must be your original recipes... No previously published recipes. They will be judged on creativity, taste, and practicality by *BH&G*®... editors. Decisions of judges are final. 7. Entries will not be returned. All copyright rights of winning recipes... belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes... permission to use winner's name and hometown for editorial and promotional purposes, except where... prohibited by law. Send a self-addressed stamped envelope to above address to receive winners' list,... available six months after entry deadline. 9. Meredith Corporation assumes no responsibilities for... entries they are unable to process due to phone, network, electronic, or computer hardware or... software failures, or technical failures of any kind. Subject to all U.S. federal, state, and local laws... and regulations. Void where prohibited. Taxes on prizes are the responsibility of the winners.


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# $400 winner Gingersnap Stew

Brenda A. Watson, Mobile, Ala.,
in the Stew for All Category, October 2001

- 1 carrot, cut into ¼-inch pieces
- 1 medium stalk celery, cut into ½-inch pieces
- ¼ cup chopped onion
- 2 tsp. cooking oil
- 8 oz. cooked smoked sausage, halved lengthwise and cut into 1-inch pieces
- 1½ cups water
- ½ of a 15-oz. can kidney beans, rinsed and drained
- 1 Tbsp. chili powder
- 1 Tbsp. Worcestershire sauce
- 1 14½-oz. can stewed tomatoes
- 6 gingersnaps, crushed (about ⅓ cup)

In a large saucepan cook carrots, celery, and onion in hot oil over medium heat about 5 minutes or until onion is nearly tender. Remove vegetables from pan.

Add sausage pieces to pan. Cook over medium heat until lightly browned. Return vegetables to pan. Add water, beans, chili powder, and Worcestershire sauce. Bring to boiling; reduce heat. Simmer, covered, about 20 minutes or until vegetables are tender. Stir in undrained tomatoes. Add crushed gingersnaps. Cook and stir about 5 minutes or until mixture thickens and bubbles. Ladle into bowls. If desired, serve with slices of toasted pumpernickel bread. Makes 4 servings.

Nutrition facts per serving: 410 cal., 23 g total fat (7 g sat. fat), 39 mg chol., 1,302 mg sodium, 35 g carbo., 7 g fiber, and 19 g pro. Daily Values: 302% vit. A, 19% vit. C, 11% calcium, and 19% iron.

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Prize Tested Recipes® see page 210 for details



# $400 winner Smoked Cheese Squares

Suzanne Goddyn, Portland, Ore.,
in the Cheese Appetizers Category, October 2001

- 2 medium onions, thinly sliced
- 1 Tbsp. butter or margarine
- 1 Tbsp. olive oil
- 1 Tbsp. brown sugar
- 1 Tbsp. balsamic vinegar
- ¼ cup pitted whole dates, snipped
- ¼ cup pine nuts or slivered almonds
- ½ cup shredded mozzarella cheese (2 oz.)
- ½ cup shredded smoked Gouda cheese (2 oz.)
- ½ cup shredded smoked cheddar cheese (2 oz.)
- 1 16-oz. Italian bread shell (Boboli)

Preheat oven to 450° F. In a large skillet cook onion in butter and oil over medium heat for 10 minutes, stirring occasionally. Stir in sugar, vinegar, and dates. Cook and stir 5 minutes more or until onions are golden brown. Remove from heat. Stir in nuts. In a bowl combine cheeses; sprinkle evenly over bread shell. Top with onion mixture. Place bread shell on an ungreased baking sheet. Bake for 8 minutes or until cheese is melted. Let stand 5 minutes before cutting into 2-inch squares. Makes about 30 appetizers.

Nutrition facts per appetizer: 81 cal., 4 g total fat (1 g sat. fat), 6 mg chol., 139 mg sodium, 9 g carbo., 0 g fiber, 3 g pro. Daily Values: 1% vit. A, 6% calcium, 3% iron.



Enter our Prize Tested Recipes® contest and

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see page 210 for details

# $200 winner Feta Cheese Appetizers

Laurie Balcom, Lynden, Wash.,
in the Cheese Appetizers Category, October 2001

- 1 small onion, finely chopped (⅓ cup)
- 3 cloves garlic, minced
- 2 tsp. olive oil or cooking oil
- 1 tsp. toasted sesame oil
- 1 8-oz. pkg. cream cheese, cut up
- 4 oz. crumbled feta cheese
- ½ cup chopped pitted kalamata olives or ripe olives
- ¼ cup chopped roasted red sweet peppers
- 1 tsp. dried dillweed
- 3 pita bread rounds

Preheat broiler. In a medium skillet cook onion and garlic in olive oil and sesame oil over medium heat for 4 to 5 minutes or until onion is tender. Remove from heat. Add cream cheese and feta cheese; stir until mixture is nearly smooth. Stir in olives, sweet peppers, and dillweed. Set aside.

Using a long serrated knife, split pita rounds in half horizontally to form two circles. Place, cut side up, on a large ungreased baking sheet. Broil 3 inches from the heat for 1 minute or until pita rounds are lightly toasted.

Spread each pita round with about ⅓ cup of the cheese mixture. Broil about 1 minute more or until hot. To serve, use a sharp knife or kitchen scissors to cut each round into six wedges. Makes 36 appetizers.

Nutrition facts per appetizer: 51 cal., 4 g total fat (2 g sat. fat), 10 mg chol., 101 mg sodium, 4 g carbo., 0 g fiber, and 1 g pro. Daily Values: 2% vit. A, 5% vit. C, 3% calcium, and 1% iron.

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see page

# $200 winner Moroccan Chicken Stew

Yocheved Schwartz, Brooklyn, N.Y.,
in the Stew for All Category, October 2001

- 1 lb. skinless, boneless chicken thighs, cut into 1-inch pieces
- 1 Tbsp. all-purpose flour
- 1 tsp. ground coriander
- 1 tsp. ground cumin
- 1 tsp. ground paprika
- ½ tsp. salt
- ½ tsp. ground cinnamon
- 2 medium onions, cut into wedges
- 3 cloves garlic, minced
- 1 Tbsp. olive oil
- 1 28-oz. can crushed tomatoes
- 1 15-oz. can garbanzo beans, rinsed and drained
- 1½ cups water
- ½ cup raisins
- ⅓ cup small pitted ripe olives
- 3 cups hot cooked couscous
- ¼ cup snipped fresh cilantro

In a bowl coat chicken pieces with a mixture of the flour, coriander, cumin, paprika, salt, and cinnamon. Set aside.

In a 4-quart Dutch oven cook onion and garlic in hot oil about 5 minutes or until tender. Remove from Dutch oven, reserving oil in pan. Add chicken pieces, about half at a time, to pan. Cook quickly until lightly browned, stirring frequently. Return all chicken and the onion mixture to pan. Add crushed tomatoes, beans, water, raisins, and olives. Bring to boiling; reduce heat. Simmer, covered, about 10 minutes or until chicken is tender, stirring occasionally. Spoon couscous into soup bowls. Ladle stew over the couscous and sprinkle with snipped cilantro. Makes 6 servings.

Nutrition facts per serving: 494 cal., 11 g total fat (2 g sat. fat), 63 mg chol., 1,104 mg sodium, 74 g carbo., 9 g fiber, and 31 g pro. Daily Values: 30% vit. A, 39% vit. C, 10% calcium, and 25% iron.




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*by Tom Francirek*

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# No more tossing and turning



Falling asleep isn't a problem for many insomniacs—but staying asleep is. Now people who can't get their zzz's may be able to slumber through the night without taking prescription drugs that can cause side effects.

Duke University psychologist Jack D. Edinger, Ph.D., whose study recently appeared in the *Journal of the American Medical Association*, suggests these tactics for getting shut-eye:

- Establish a sleep schedule and stick to it.
- Avoid daytime naps.
- Try to think about your problems during the day.
- Do not engage in nonsleeping activities in the bedroom, such as watching television.
- Get out of bed if you can't fall asleep or if you wake up and can't doze off. Go into another room and relax by reading or watching an old movie. When your eyelids droop, go back to bed.

Twenty-five insomniacs who followed Edinger's guidelines gained, on average, about 30 minutes of nighttime sleep. They also reduced the time they spent lying awake in bed by more than half. BY TIMOTHY GOWER



## Feel the burn

Resistance training—working out o machines or lifting free weights to buil lean muscle—enables your body t keep burning calories even after you'v cooled down.

A recent study at the University o Maryland says that six months o intense resistance training can increas a person's resting metabolic rate by a much as 7 percent.

But you don't have to be a buff bod builder to benefit. Researchers at John Hopkins and Arizona State universitie followed a dozen women who di regular weight lifting exercises, burnin about 155 calories. Up to two hour after their workout, they continued t have elevated metabolism.

Both studies appeared in *Medicin and Science in Sports and Exercise.*

A well-rounded fitness program includes aerobic workouts and weight training. If you're sedentary and want to exercise, talk to your doctor first.

continued on page 220

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## Colonoscopy in your date book?

Don't dread the event. Instead of drinking a gallon of unpleasant-tasting liquid laxative the day before, ask your doctor about Visicol tablets. The night before the procedure, you take the tablets over 90 minutes—three every 15 minutes with 8 ounces of clear beverage (water or apple juice). Repeat the regimen the next morning.

By this fall, a trial sponsored by InKine Pharmaceutical may result in fewer tablets and less liquid to swallow: a dose of four Visicol tablets with 8 ounces of clear beverage every 15 minutes over one hour the evening before; then four tablets with 8 ounces of clear beverage taken two times over a span of 15 minutes the next morning.

## Live long and prosper

What's a secret to longevity? Volunteer work, says a recent issue of the *Mayo Clinic Health Letter*. Studies show that adults who get involved in their communities live longer than their peers who don't volunteer. New friendships and experiences make their lives richer.

If you want to volunteer, think about what interests you most—a cause you're passionate about or an organization that could use your skills, such as your church, library, local museums, or children's school.

Be realistic about how much time you can give. If an ongoing commitment isn't possible, offer your services for a definite time period. Or, a short-term project, such as a weekend fund-raising event, may be to your liking.

For ideas, get in touch with the Corporation for National Service, which connects volunteers of all ages with programs: 202/606-5000, www.cns.gov.

**Recently retired and looking for a new gig? Contact the National Senior Service Corps: 800/424-8867, www.seniorcorps.org.**

An army of 109 million volunteers in the U.S. annually share their talents with others. Their donated time is valued at more than $225 billion.

—*The Independent Sect*




## Color coordinate your diet

Beige is out, but some shades are forever when it comes to your health. *What Color Is Your Diet? The 7 Colors of Health,* by David Heber, M.D., director of the UCLA Center for Human Nutrition, groups fruits and vegetables rich in antioxidants and phytonutrients according to color: red, red-purple, orange, orange-yellow, yellow-green, green, and white-green. Heber encourages "a colorful diet" that lowers risk of heart disease, common cancers, premature aging, poor vision, and reduced mental function. Avoid brownish, high-fat, highly processed fast food and junky snacks.

continued on page 224

*"I didn't know acid reflux could wear away the lining of my esophagus"*



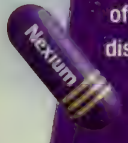
**Today, from the makers of Prilosec® (omeprazole)**

# Nexium™
## (esomeprazole magnesium)

**Relieve the heartburn. Heal the damage. For many, it's possible with NEXIUM.**

If you suffer from persistent heartburn 2 or more days a week, even though you've treated it and changed your diet, it may be due to acid reflux disease. And that can be serious. Because, over time, acid reflux can erode or wear away the delicate lining of your esophagus (erosive esophagitis). Only a doctor can determine if you have this damage.

For many people, prescription NEXIUM—once daily—provides complete resolution of heartburn symptoms and heals damaging erosions of the esophagus caused by acid reflux disease. Your results may vary.




**Today's purple pill**

Talk with your doctor or health care professional to see if NEXIUM is right for you. Most erosions heal in 4 to 8 weeks with NEXIUM.

The most common side effects of NEXIUM and Prilosec are headache, diarrhea, and abdominal pain. Symptom relief does not rule out serious stomach conditions.

Call 1-800-336-1070 or visit purplepill.com for a

**FREE TRIAL OFFER**

of NEXIUM.

eneca

read the important Product Information about NEXIUM following page and discuss it with your doctor.

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Nexium™
(esomeprazole magnesium)

Please read this summary carefully, and then
This advertisement does not take the place of

PRILOSEC. No advertisement can provide all the information needed to prescribe a drug.
*Only your doctor* has the training to weigh the risks and benefits of a prescription drug for you.

# Nexium™ *(esomeprazole magne*
## 20-MG, 40-MG Delayed-Release

**BRIEF SUMMARY** Before prescribing NEXIUM, please see full Prescribin... AND USAGE
NEXIUM is indicated for the short-term treatment (4 to 8 weeks) in the ... diagnostically
confirmed erosive esophagitis. **CONTRAINDICATIONS** NEXIUM is cor... ...sensitivity to
any component of the formulation or to substituted benzimidazoles. **PRECAUT...** ...to therapy with
NEXIUM does not preclude the presence of gastric malignancy. Atrophic gastr... ...gastric corpus biop-
sies from patients treated long-term with omeprazole, of which NEXIUM is an ... ...for **Patients:** NEXIUM
Delayed-Release Capsules should be taken at least one hour before meals. Fo... ...chewing capsules, one
tablespoon of applesauce can be added to an empty bowl and the capsule ... ...emptied onto the apple-
sauce. The pellets should be mixed with the applesauce and then swa... ...should not be hot and
should be soft enough to be swallowed without chewing. The pellets shou... ...pulp applesauce mixture
should not be stored for future use. Antacids may be used while taking NE... DRUG INTERACTIONS Esomeprazole is
extensively metabolized in the liver by CYP2C19 and CYP3A4 *in vitro* and ... ...esomeprazole is not likely
to inhibit CYPs 1A2, 2A6, 2C9, 2D6, 2E1 and 3A4. No clinically relevant ... ...ced by these CYP enzymes
would be expected. Drug interaction studies have shown that esomeprazo... ...significant interactions with
phenytoin, warfarin, quinidine, clarithromycin, or amoxicillin. Esomepra... ...me with CYP2C19 the major
esomeprazole-metabolizing enzyme. Coadministration of esomeprazole ... ...CYP2C19 substrate, resulted in a
45% decrease in clearance of diazepam. Increased plasma levels of diazepa... ...12 hours after dosing and onwards.
However, at that time, the plasma levels of diazepam were below the ... ...this interaction is unlikely to be of
clinical relevance. Coadministration of oral contraceptives, diazepam, phenyto... ...did not seem to change the pharmaco-
kinetic profile of esomeprazole. Esomeprazole inhibits gastric acid secretion. ... ...therefore it is theoretically possible that esomeprazole
and omeprazole may interfere with absorption of drugs where gastric pH is ... ...determinant of their bioavailability (eg, keto-
conazole, ampicillin esters, digoxin, and iron salts). **Carcinogenesis, Mutagenesis, Impairment of Fertility:** The
carcinogenic potential of esomeprazole was assessed using omeprazole studies. Two 24-month carcinogenicity studies in rats,
omeprazole at daily doses of 1.7, 3.4, 13.8, 44.0 and 140.8 mg/kg/day (about 0.... to 52 times the human dose of 20 mg/day
expressed on a body surface area basis), produced gastric ECL cell carcinoids in a dose-related manner in both male and female rats,
the incidence of this effect was markedly higher in female rats, which had higher blood levels of omeprazole. Gastric carcinoids
seldom occur in the untreated rat. In addition, ECL cell hyperplasia was present in all treated groups of both sexes. In one of these
studies, female rats were treated with 13.8 mg omeprazole/kg/day (about 5.6 times the human dose on a body surface area basis)
for 1 year, then followed for an additional year without the drug. No carcinoids were seen in these rats. An increased incidence of
treatment-related ECL cell hyperplasia was observed at the end of 1 year (94% treated vs 10% controls). By the second year the
difference between treated and control rats was much smaller (46% vs 26%), but still showed more hyperplasia in the treated group.
Gastric adenocarcinoma was seen in one rat (2%). No similar tumor was seen in male or female rats treated for 2 years. For this
strain of rat no similar tumor has been noted historically, but a finding involving only one tumor is difficult to interpret. A 78-week
mouse carcinogenicity study of omeprazole did not show increased tumor occurrence, but the study was not conclusive.
Esomeprazole was negative in the Ames mutation test, in the *in vivo* rat bone marrow cell chromosome aberration test, and the
*in vivo* mouse micronucleus test. Esomeprazole, however, was positive in the *in vitro* human lymphocyte chromosome aberration
test. Omeprazole was positive in the *in vitro* human lymphocyte chromosome aberration test, the *in vivo* mouse bone marrow cell
chromosome aberration test, and the *in vivo* mouse micronucleus test. The potential effects of esomeprazole on fertility and repro-
ductive performance were assessed using omeprazole studies. Omeprazole at oral doses up to 138 mg/kg/day in rats (about
56 times the human dose on a body surface area basis) was found to have no effect on reproductive performance of parental animals.
**Pregnancy:** *Teratogenic Effects. Pregnancy Category B* - Teratology studies have been performed in rats at oral doses up to
280 mg/kg/day (about 57 times the human dose on a body surface area basis) and in rabbits at oral doses up to 86 mg/kg/day (about
35 times the human dose on a body surface area basis) and have revealed no evidence of impaired fertility or harm to the fetus due
to esomeprazole. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction
studies are not always predictive of human response, this drug should be used during pregnancy only if clearly needed. Teratology
studies conducted with omeprazole in rats at oral doses up to 138 mg/kg/day (about 56 times the human dose on a body surface
area basis) and in rabbits at doses up to 69 mg/kg/day (about 56 times the human dose on a body surface area basis) did not disclose
any evidence for a teratogenic potential of omeprazole. In rabbits, omeprazole in a dose range of 6.9 to 69.1 mg/kg/day (about 5.5 to
56 times the human dose on a body surface area basis) produced dose-related increases in embryo-lethality, fetal resorptions and
pregnancy disruptions. In rats dose-related embryofetal toxicity and postnatal developmental toxicity were observed in offspring
resulting from parents treated with omeprazole at 13.8 to 138.0 mg/kg/day (about 5.6 to 56 times the human doses on a body
surface area basis). There are no adequate and well-controlled studies in pregnant women. Sporadic reports have been received of
congenital abnormalities occurring in infants born to women who have received omeprazole during pregnancy. **Nursing
Mothers:** The excretion of esomeprazole in milk has not been studied. However, omeprazole concentrations have been measured
in breast milk of a woman following oral administration of 20 mg. Because esomeprazole and omeprazole are likely to be excreted in
human milk, and because of the potential for serious adverse reactions in nursing infants from esomeprazole and because of the
potential for tumorigenicity shown for omeprazole in rat carcinogenicity studies, a decision should be made to discontinue the drug,
taking into account the importance of the drug to the mother. **Pediatric Use:** Safety and effectiveness in pediatric patients have
not been established. **Geriatric Use:** Of the total number of patients who received NEXIUM in clinical trials, 778 were 65 to
74 years of age and 124 patients were ≥ 75 years of age. No overall differences in safety and efficacy were observed between the
elderly and younger individuals, and other reported clinical experience has not identified differences in responses between the elderly
and younger patients, but greater sensitivity of some older individuals cannot be ruled out. **ADVERSE REACTIONS** The safety
of NEXIUM was evaluated in over 10,000 patients (aged 18-84 years) in clinical trials worldwide including over 7,400 patients in
the United States and over 2,600 patients in Europe and Canada. Over 2,900 patients were treated in long-term studies for up to
6-12 months. In general, NEXIUM was well tolerated in both short- and long-term clinical trials. The safety in the treatment of healing
of erosive esophagitis was assessed in four randomized comparative clinical trials, which included 1,240 patients on NEXIUM 20 mg,
2,434 patients on NEXIUM 40 mg, and 3,008 patients on omeprazole 20 mg daily. The most frequently occurring adverse events (≥1%)
in all three groups was headache (5.5, 5.0, and 3.8, respectively) and diarrhea (no difference among the three groups). Nausea, flatu-
lence, abdominal pain, constipation, and dry mouth occurred at similar rates among patients taking NEXIUM or omeprazole. Additional
adverse events that were reported as possibly or probably related to NEXIUM with an incidence < 1% are listed below by body system:
***Body as a Whole:*** abdomen enlarged, allergic reaction, asthenia, back pain, chest pain, chest pain substernal, facial edema, periph-
eral edema, hot flushes, fatigue, fever, flu-like disorder, generalized edema, leg edema, malaise, pain, rigors. ***Cardiovascular:*** flushing,
hypertension, tachycardia. ***Endocrine:*** goiter. ***Gastrointestinal:*** bowel irregularity, constipation, aggravated, dyspepsia, dysphagia,
dysplasia GI, epigastric pain, eructation, esophageal disorder, frequent stools, gastroenteritis, GI hemorrhage, GI symptoms NOS,
hiccup, melena, mouth disorder, pharynx disorder, rectal disorder, serum gastrin increased, tongue disorder, tongue edema, ulcerative
stomatitis, vomiting. ***Hearing:*** earache, tinnitus. ***Hematologic:*** anemia, anemia hypochromic, cervical lymphoadenopathy, epistaxis,
leukocytosis, leukopenia, thrombocytopenia. ***Hepatic:*** bilirubinemia, hepatic function abnormal, SGOT increased, SGPT increased.
***Metabolic/Nutritional:*** glycosuria, hyperuricemia, hyponatremia, increased alkaline phosphatase, thirst, vitamin B12 deficiency,
weight increase, weight decrease. ***Musculoskeletal:*** arthralgia, arthritis aggravated, arthropathy, cramps, fibromyalgia syndrome,
hernia, polymyalgia rheumatica. ***Nervous System/Psychiatric:*** anorexia, apathy, appetite increased, confusion, depression aggra-
vated, dizziness, hypertonia, nervousness, hypoesthesia, impotence, insomnia, migraine, migraine aggravated, paresthesia, sleep
disorder, somnolence, tremor, vertigo, visual field defect. ***Reproductive:*** dysmenorrhea, menstrual disorder, vaginitis. ***Respiratory:***
asthma aggravated, coughing, dyspnea, larynx edema, pharyngitis, rhinitis, sinusitis; ***Skin and Appendages:*** acne, angioedema,
dermatitis, pruritus, pruritus ani, rash, rash erythematous, rash maculo-papular, skin inflammation, sweating increased, urticaria.
***Special Senses:*** otitis media, parosmia, taste loss, taste perversion; ***Urogenital:*** abnormal urine, albuminuria, cystitis, dysuria,
fungal infection, hematuria, micturition frequency, moniliasis, genital moniliasis, polyuria; ***Visual:*** conjunctivitis, vision abnormal.
Endoscopic findings that were reported as adverse events include: duodenitis, esophagitis, esophageal stricture, esophageal ulcera-
tion, esophageal varices, gastric ulcer, gastritis, hernia, benign polyps or nodules, Barrett's esophagus and mucosal discoloration.
Other adverse events not observed with NEXIUM but occurring with omeprazole can be found in the omeprazole package insert.
**OVERDOSAGE** A single oral dose of esomeprazole at 510 mg/kg (about 103 times the human dose on a body surface area
basis) was ... was associated with ... toxicity were reduced motor activity, changes in respiratory frequency, tremor,
... and intermittent clonic convulsions. There have been no reports of overdose with esomeprazole. Reports have been received
of overdosage with omeprazole in humans. Doses ranged up to 2,400 mg (120 times the usual recommended clinical dose).
... were variable, but included confusion, drowsiness, blurred vision, tachycardia, nausea, diaphoresis, flushing,
... and other adverse reactions similar to those seen in normal clinical experience (see omeprazole package
... **ADVERSE REACTIONS**). No specific antidote for esomeprazole is known. Since esomeprazole is extensively protein bound,
... is not removed by dialysis. In the event of overdosage, treatment should be symptomatic and supportive. As with
... overdosage, the possibility of multiple drug ingestion should be considered. For current information on treat-
... drug overdose, a certified Regional Poison Control Center should be contacted. Telephone numbers are listed in the
... Physicians' Desk Reference (PDR), or local telephone book.
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NOTE: This summary provides important information about NEXIUM and PRILOSEC. If you would like more information, ask your doctor or pharmacist to let you read the professional labeling and then discuss it with th

# Prilosec® *(omeprazole)*
## 20-MG Delayed-Release Capsules

**BRIEF SUMMARY** Before prescribing PRILOSEC, please see full Prescribing Information. **INDICATIONS AN**
*Erosive Esophagitis:* PRILOSEC Delayed-Release Capsules are indicated for the short-term treatment (4-8 weeks) in
erosive esophagitis, which has been diagnosed by endoscopy. **CONTRAINDICATIONS Omeprazole** PRILO
Release Capsules are contraindicated in patients with known hypersensitivity to any component of the formulation
**TIONS** Symptomatic response to therapy with omeprazole does not preclude the presence of gastric malignancy. Atro
has been noted occasionally in gastric corpus biopsies from patients treated long-term with omeprazole. **Inform**
**Patients:** PRILOSEC Delayed-Release Capsules should be taken before eating and should not be opened, chewed or
should be swallowed whole. **DRUG INTERACTIONS** *Other* Omeprazole can prolong the elimination of diazepam
phenytoin, drugs that are metabolized by oxidation in the liver. Although in normal subjects no interaction with th
propranolol was found, there have been clinical reports of interaction with other drugs metabolized via the cytochrome
(eg, cyclosporine, disulfiram and benzodiazepines). Patients should be monitored to determine if it is necessary to adju
of these drugs when taken concomitantly with PRILOSEC. Omeprazole inhibits gastric acid secretion; therefore, it is
possible that omeprazole may interfere with absorption of drugs where gastric pH is an important determinant of their
(eg, ketoconazole, ampicillin esters, digoxin, and iron salts). In clinical trials, antacids were used concomitantly with th
tion of PRILOSEC. **Carcinogenesis, Mutagenesis, Impairment of Fertility:** In two 24-month carcinoge
in rats, omeprazole at daily doses of 1.7, 3.4, 13.8, 44.0 and 140.8 mg/kg/day (approximately 4 to 352 times the humar
on a patient weight of 50 kg and a human dose of 20 mg) produced gastric ECL cell carcinoids in a dose-related manne
and female rats, the incidence of this effect was markedly higher in female rats, which had higher blood levels of omepra
carcinoids seldom occur in the untreated rat. In addition, ECL cell hyperplasia was present in all treated groups of both
of these studies, female rats were treated with 13.8 mg omeprazole/kg/day (approximately 35 times the human dose)
then followed for an additional year without the drug. No carcinoids were seen in these rats. An increased incidence
related ECL cell hyperplasia was observed at the end of one year (94% treated vs 10% controls). By the second year t
between treated and control rats was much smaller (46% vs 26%) but still showed more hyperplasia in the treated group
primary malignant tumor in the stomach was seen in one rat (2%). No similar tumor was seen in male or female
for two years. For this strain of rat no similar tumor has been noted historically, but a finding involving only
is difficult to interpret. A 78-week mouse carcinogenicity study of omeprazole did not show increased tumor occ
the study was not conclusive. Omeprazole was not mutagenic in an *in vitro* Ames *Salmonella typhimurium*
*in vitro* mouse lymphoma cell assay and an *in vivo* rat liver DNA damage assay. A mouse micronucleus test at 625 and
the human dose gave a borderline result, as did an *in vivo* bone marrow chromosome aberration test. A second mouse
study at 2000 times the human dose, but with different (suboptimal) sampling times, was negative. In a rat fertility and g
ductive performance test, omeprazole in a dose range of 13.8 to 138.0 mg/kg/day (approximately 35 to 345 times the h
was not toxic or deleterious to the reproductive performance of parental animals. **Pregnancy:** *Category C* - Terato
conducted in pregnant rats at doses up to 138 mg/kg/day (approximately 345 times the human dose) and in pregna
doses up to 69 mg/kg/day (approximately 172 times the human dose) did not disclose any evidence for a teratogeni
omeprazole. In rabbits, omeprazole in a dose range of 6.9 to 69.1 mg/kg/day (approximately 17 to 172 times the h
produced dose-related increases in embryo-lethality, fetal resorptions and pregnancy disruptions. In rats dose-related
toxicity and postnatal developmental toxicity were observed in offspring resulting from parents treated with omepra
138.0 mg/kg/day (approximately 35 to 345 times the human dose). There are no adequate or well-controlled studies
women. Sporadic reports have been received of congenital abnormalities occurring in infants born to women who h
omeprazole during pregnancy. Omeprazole should be used during pregnancy only if the potential benefit justifies the po
the fetus. **Nursing Mothers:** It is not known whether omeprazole is excreted in human milk. In rats omeprazole ad
during late gestation and lactation at doses of 13.8 to 138 mg/kg/day (35 to 345 times the human dose) resulted in decre
gain in pups. Because many drugs are excreted in human milk, because of the potential for serious adverse reaction
infants from omeprazole, and because of the potential for tumorigenicity shown for omeprazole in rat carcinogenicity stu
sion should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance o
the mother. **Pediatric Use:** Safety and effectiveness in pediatric patients have not been established. **Geriatric Use**
differences in safety and efficacy were observed between the elderly and younger individuals, and other reported clinica
has not identified differences in responses between the elderly and younger patients, but greater sensitivity of some olde
cannot be ruled out. **ADVERSE REACTIONS** In the U.S. clinical trial population of 465 patients (including duo
Zollinger-Ellison syndrome and resistant ulcer patients), the following adverse experiences were reported to occur in 1%
patients on therapy with PRILOSEC. Numbers in parentheses indicate percentages of the adverse experiences consider
tigators as possibly, probably or definitely related to the drug.

| | Omeprazole (n=465) | Placebo (n=64) | Ranitidine (n |
|---|---|---|---|
| Headache | 6.9 (2.4) | 6.3 | 7.7 (2.6 |
| Diarrhea | 3.0 (1.9) | 3.1 (1.6) | 2.1 (0.5 |
| Abdominal Pain | 2.4 (0.4) | 3.1 | 2.1 |
| Nausea | 2.2 (0.9) | 3.1 | 4.1 (0.5 |
| URI | 1.9 | 1.6 | 2.6 |
| Dizziness | 1.5 (0.6) | 0.0 | 2.6 (1.0 |
| Vomiting | 1.5 (0.4) | 4.7 | 1.5 (0.5 |
| Rash | 1.5 (1.1) | 0.0 | 0.0 |
| Constipation | 1.1 (0.9) | 0.0 | 0.0 |
| Cough | 1.1 | 0.0 | 1.5 |
| Asthenia | 1.1 (0.2) | 1.6 (1.6) | 1.5 (1.0 |
| Back Pain | 1.1 | 0.0 | 0.5 |

The following adverse reactions which occurred in 1% or more of omeprazole-treated patients have been reported in a
double-blind and open-label clinical trials in which 2,631 patients and subjects received omeprazole and 120 pati
placebo. A causal relationship was not assessed. The percentages are given omeprazole then placebo respectively. *Body
site unspecified* Abdominal Pain 5.2% and 3.3%. Asthenia 1.3% and 0.8%. *Digestive System* Constipation 1.5 and 0.
3.7 and 2.5. Flatulence 2.7 and 5.8. Nausea 4.0 and 6.7. Vomiting 3.2 and 10.0. Acid regurgitation 1.9 and 3.
*System/Psychiatric* Headache 2.9 and 2.5. Additional adverse experiences occurring in < 1% of patients or subjects
and/or international trials, or occurring since the drug was marketed, are shown below within each body system in man
the relationship to PRILOSEC was unclear. *Body As a Whole* Allergic reactions, including, rarely, anaphylaxis (see also S
fever, pain, fatigue, malaise, abdominal swelling. *Cardiovascular* Chest pain or angina, tachycardia, bradycardia, palpitati
blood pressure, peripheral edema. *Gastrointestinal* Pancreatitis (some fatal), anorexia, irritable colon, flatulence, fecal di
esophageal candidiasis, mucosal atrophy of the tongue, dry mouth. During treatment with omeprazole, gastric fundic g
have been noted rarely. These polyps are benign and appear to be reversible when treatment is discontinued. Gastroduo
noids have been reported in patients with ZE syndrome on long-term treatment with PRILOSEC. This finding is believed t
festation of the underlying condition, which is known to be associated with such tumors. *Hepatic* Mild and rarely marke
of liver function tests (ALT (SGPT), AST (SGOT), γ-glutamyl transpeptidase, alkaline phosphatase, and bilirubin (jaundi
instances, overt liver disease has occurred including hepatocellular, cholestatic or mixed hepatitis, liver necrosis
hepatic failure (some fatal), and hepatic encephalopathy. *Metabolic/Nutritional* Hyponatremia, hypoglycemia, w
*Musculoskeletal* Muscle cramps, myalgia, muscle weakness, joint pain, leg pain. *Nervous System/Psychiatric* Psychic d
including depression, aggression, hallucinations, confusion, insomnia, nervousness, tremors, apathy, somnolence, and
abnormalities, vertigo, paresthesia, hemifacial dysesthesia. *Respiratory* Epistaxis, pharyngeal pain. *Skin* Rash and rare
severe generalized skin reactions including toxic epidermal necrolysis (TEN, some fatal), Stevens-Johnson syndrome, an
multiforme (some severe); purpura and/or petechiae (some with rechallenge); skin inflammation, urticaria, angioedem
alopecia, dry skin, hyperhidrosis. *Special Senses* Tinnitus, taste perversion. *Urogenital* Interstitial nephritis (some w
rechallenge), urinary tract infection, microscopic pyuria, urinary frequency, elevated serum creatinine, proteinuria, hema
suria, testicular pain, gynecomastia. *Hematologic* Rare instances of pancytopenia, agranulocytosis (some fatal), thrombo
neutropenia, anemia, leucocytosis and hemolytic anemia have been reported.

**OVERDOSAGE** Rare reports have been received of overdosage with omeprazole. Doses ranged from 320 mg
(16-45 times the usual recommended clinical dose). Manifestations were variable, but included confusion, drowsine
vision, tachycardia, nausea, diaphoresis, flushing, headache, and dry mouth. Symptoms were transient, and no seri
outcome has been reported. No specific antidote for omeprazole overdosage is known. Omeprazole is extensively protein
is, therefore, not readily dialyzable. In the event of overdosage, treatment should be symptomatic and supportive.

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Drivers who crash because of fatigue or drowsiness are less likely to have taken the preventive measure of getting a good night's sleep before a trip, according to the University of North Carolina Highway Safety Research Center.

## Driver, attention please

It's easy to think of cell phones as the cause of dangerous driving. Actually, it's just one distraction. There are a combination of factors critical to safety on the road, says Jane Stutts, Ph.D., of the University of North Carolina Safety Research Center. One is making sure you're as rested as possible before you even hit the road.

Having a cup of coffee or pulling over in a safe place for a nap may stave off drowsiness for a period of time. But Stutts says the best answer is in lifestyle behaviors—trying to get enough sleep on a nightly basis so you'll be fresh when you get behind the wheel of a car.

Tuning out anything that might compromise your attention also is important. Distracted drivers pose a safety hazard, says Stutts. An estimated 284,000 distracted drivers are in accidents each year. A recent study ranked by the center listed these top distractions: something outside the vehicle, adjusting the radio or CD, talking, fiddling with climate controls, eating or drinking, cell-phone use, or smoking.



## Go nuts!

If you're crazy for nuts, grab a few to snack on. Consuming 1 ounce (about 3 to 4 tablespoons) of nuts five times a week may decrease risk of coronary heart disease among people whose characteristics match those of the general adult U.S. population.

Penn State researchers reached these conclusions after completing a comprehensive review of current epidemiological and clinical studies. Their findings appeared in *Nutrition Reviews*.

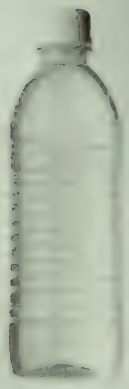
Participants in the studies ate pecans, almonds, brazil nuts, cashews, walnuts, hazelnuts, macadamia nuts, pistachios, and peanuts. Effects of specific nuts were not evaluated.

You can incorporate nuts—a source of unsaturated fatty acids and low in saturated fatty acids—into a heart-healthy diet. Penny Kris-Etherton, Ph.D., lead author, suggests using nuts to give meals a different flavor twist—a small amount of slivered almonds instead of margarine in green beans or almonds tossed in salad with less dressing.

Bone mineral density (BMD) may one day predict breast cancer risk in older women, according to a study in the *Journal of the National Cancer Institute*. For seven years, the research team followed the health of 8,905 women who were 65 or older and initially cancer free, measuring BMD in their wrists, forearms, and heels. Eventually, 315 participants developed breast cancer. Women with the highest BMD were almost three times more likely to develop breast cancer, compared to women with low BMD. More research is needed to see whether tests for BMD might predict breast cancer in younger women.

**BHG BOOKMARK**

- National Alliance of Breast Cancer Organizations, 888/806-2226 (www.nabco.org)



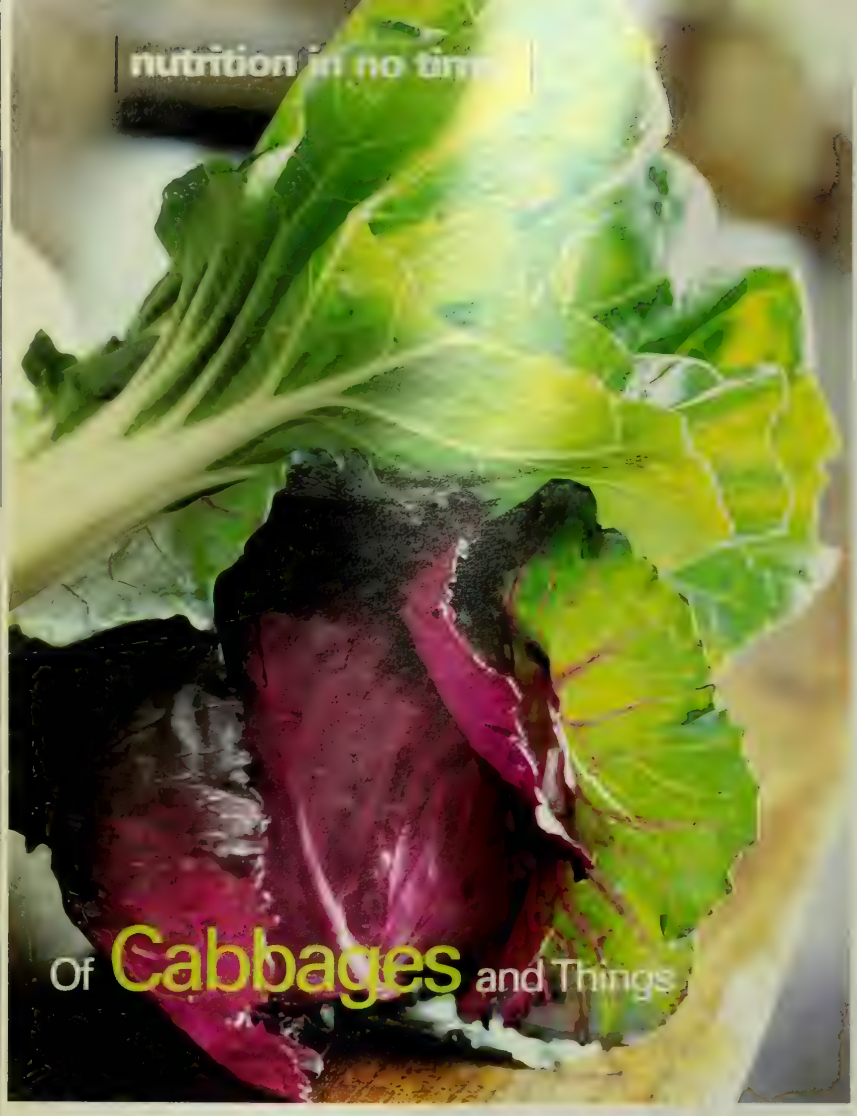
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# Of Cabbages and Things

by Bev Bennett

Cabbage doesn't deserve its stinky reputation. Eat just one cup of cooked cabbage and you'll get double the recommended daily dose of vitamin C. Not bad for only 32 calories.

Plus, a decade or so ago, scientists found that cabbage and other cruciferous vegetables contain compounds that may prevent cancer, particularly estrogen-related breast and uterine cancers. Those similar veggies include arugula, bok choy, broccoli, broccoli sprouts, Brussels sprouts, cabbage, cauliflower, chard, collards, kale, kohlrabi, mustard greens, radishes, rutabaga, turnips, turnip greens, and watercress.

According to the American Cancer Society, cabbage may protect against esophagus, stomach, and colon cancers. Then, of course, there's the fiber issue. Cabbage has plenty of it to help lower cholesterol, prevent constipation, and reduce hemorrhoids.

Oh, sure, if you boil cabbage for a long time, it may emit a nose-crinkling odor. But that's not entirely the fault of the cabbage. Cook it at low to medium temperatures just until crisp-tender, and you'll be rewarded with a whiff of subtle aroma and a mildly sweet flavor, along with plenty of nutritional value.

**Rosy Tangerine-Scented Cabbage**
**Start to finish:** 20 minutes

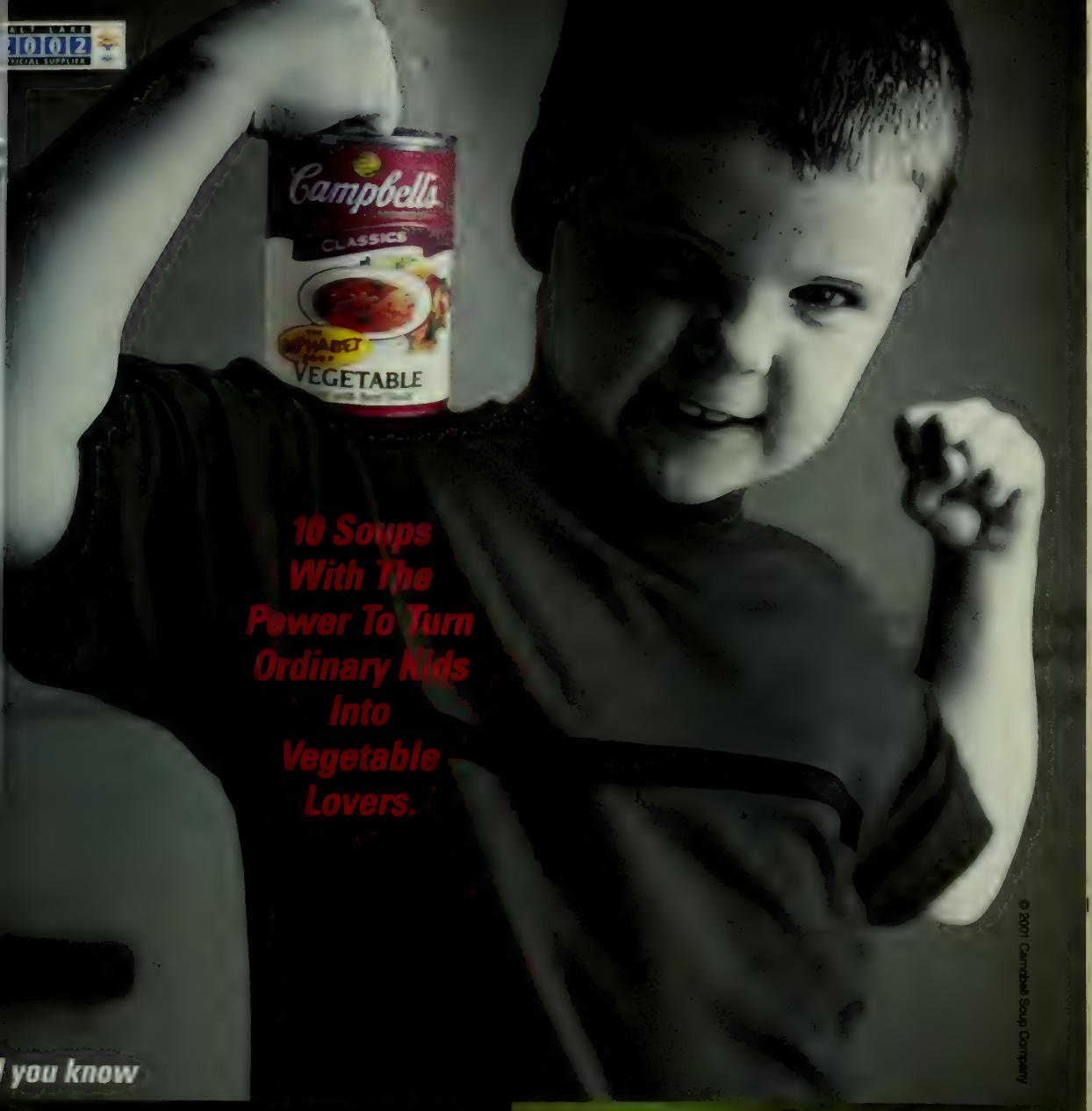
- 2 tangerines or oranges
- 1 Tbsp. lemon juice
- 1 tsp. olive oil
- 4 cups shredded red cabbage
- 1 large red onion, cut into thin slivers (1 cup)
- 1 Tbsp. sugar
- ½ tsp. salt
- ¼ tsp. coarsely ground peppercorn blend
- 1 Tbsp. minced cilantro

1. Finely shred ½ teaspoon peel from one of the tangerines; set peel aside. Peel, seed, and section the tangerines over a bowl to catch the juice. Set sections aside.

2. In large nonstick skillet combine 1 tablespoon of the tangerine juice, lemon juice, and oil. Bring to boiling. Add cabbage and onion. Reduce heat. Cook, covered, over medium heat for 3 to 5 minutes or until cabbage is slightly wilted, but still crisp, stirring occasionally. Stir in sugar, salt, and peppercorns. Stir in tangerine peel, sections, and the cilantro. Makes 4 side-dish servings.

Nutrition facts per serving: 72 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 300 mg sodium, 15 g carbo., 3 g fiber, and 2 g pro. Daily Values: 10% vit. A, 85% vit. C, 5% calcium, and 3% iron.






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by Debbe Geiger

High blood pressure at age 3 drove this writer to find fast-and-easy exercise that really works.

# quick fitness

**Exercise didn't fit into my schedule** except in haphazard bursts. Usually I had excuses: work deadlines that could not wait; kids to shuttle to school, gymnastics, and T-ball; errands to run; meals to cook.

Then I got a wake-up call at age 36. During a routine gynecological visit, I learned the oral contraceptives taken after Kelly, my third child, was born had spiked my blood pressure so high that I was at risk for a stroke. I immediately began taking blood-pressure medication and was told I might need it for the rest of my life because of my family history—my father had mild hypertension. That experience jump-started my resolve to get fit.

I checked out a local gym, but couldn't bring myself to make the financial commitment. I called a personal trainer, but she wanted twice-a-week sessions and charged by the hour.

Then I read *The Spark: The Revolutionary 3-Week Fitness Plan that Changes Everything You Know about Exercise, Weight Control, and Health* (2001) by Glenn Gaesser, Ph.D., a professor of exercise physiology at the University of Virginia in Charlottesville. He says all you need is 150 minutes of exercise per week to achieve health and fitness benefits. The best news, he says, is that you can do it in three daily 10-minute "sparks" of exercise five days per week. A study published in the *Journal*

continued on page 230




As part of a low fat diet rich in whole grain foods, 100% whole grain Wheaties may reduce the risk of heart disease.
The Breakfast of Champions.

**When it comes to a healthy heart, cover all your bases.**

## A DAY IN DEBBE'S LIFE

**7 a.m.** 45 minutes of ballet with Kimberly.

**8:30 a.m.** Breakfast of hot oatmeal with strawberries. Fill up 1.5-liter bottle of water to sip throughout day.

**9:00 a.m.** Walk Kimberly to school. Husband Peter leaves for work.

**9:45 a.m.** Take a few minutes for yoga.

**10:00 a.m.** In the downstairs office to return phone calls, check e-mails, and review last night's work.

**11:00 a.m.** Playtime with Joey and Kelly—running outside or indoor antics.

**11:45 a.m.** Walk Kimberly home.

**Noon** Lunch on veggie-pita sandwich and a banana. Babysitter arrives. Head to office for three hours.

**3:00 p.m.** Snack attack! A couple of oatmeal cookies.

**5:00 p.m.** Supper—rice with grilled chicken and vegetables.

**5:45 p.m.** Time for T-ball game and a brisk walk on the field with kids.

**[illegible]:00 p.m.** Tuck kids in bed and back to the office to write.

**[illegible]** Lights out!









 continued from page 228

*of the American Medical Association* says that women who spend as little as one hour walking each week can cut their risk of heart disease in half.

I grab those minutes anyway I can. Nearly every morning around 7 a.m., I'm in my den, huffing and puffing to an exercise video to increase my heart rate, or walking 2 miles around my neighborhood while pushing 13-month-old Kelly in her stroller.

On other days I stretch with the New York City Ballet (on video) alongside my older daughter Kimberly, lift a 12-pound bar with an unforgiving video sergeant, or try to regain vitality and inner energy doing yoga.

Some days I work out for an hour; other days, 20 minutes. Sometimes the only exercise I get is the 10 minutes or so I spend shooting hoops in the backyard with my son, Joey.

I tell my children that I don't get to play soccer or do gymnastics as they do, but this is how I get to play. I also stress that I'm doing this to stay healthy and strong. My blood pressure is down to normal levels. I've lost a few pounds too.

It's a challenge, I'll admit, to stick to a low-fat diet. But I try to include vegetables at every meal, snack on fruit, and keep a water bottle at my desk. I love chips, cookies, and ice cream, and I do treat myself occasionally.

Eileen Trainum, an events planner at the University of Charlottesville, has incorporated sparks into her life too. In fact, she was one of the first people to test Gaesser's program. Trainum, a 34-year-old single mother, was surprised at how easily she could work fifteen 10-minute sparks into her week.

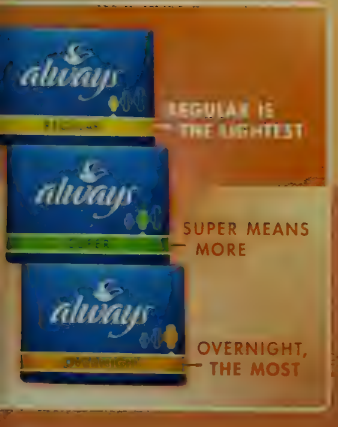
"I get my sparks by lifting weights every other day, often while supervising my kids in the bathtub," she says. "Or they might be watching a video while I'm doing sit-ups or push-ups. If I have to run an errand, I might have driven before, but now I walk. While I'm talking on the phone or watching TV at night, I stretch for 10 minutes."

Trainum is seeing results. "Before it seemed worthless to go for just a 10-minute walk," she says. "Now I know those minutes count. My arms are more toned. My stomach has gotten more defined. I can walk faster. I am much more flexible."

You can work sparks into your routine. Climb stairs instead of taking an elevator. Park your car at the far end of the parking lot and walk to the store.

Opportunities for sparks are as close as your backyard too. Garden or rake leaves. Play! Your kids will like racing or tossing a ball with you. And you'll love staying in shape, one spark at a time.

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# Bake Sale Favorite

by Ken Haedrich

**Successful Bake Sale Tips**

- A variety of goodies means everybody will find a favorite treat. Create a master list to be sure there are plenty of choices.
- Go for gooey. Think bars, filled cookies, tarts, and other sweet and chewy confections.
- Presentation counts. Dress up your display tables with pretty tablecloths. Wrap goods snugly in plastic wrap or in waxed paper marked with a decorative seal.
- Sell by the piece. Many people will balk at $8 for an 8-slice pie; few will think twice about a $1.50 slice—which nets an extra four bucks for your charity.
- Don't forget the java! Coffee—free or irresistibly cheap—makes a thoughtful touch. Plus, the aroma of fresh-brewed coffee promotes on-the-spot munching and repeat business.

Bake sales are a great American institution. All you need is a worthy cause and some good recipes—like these Date-Walnut Honey Bars.

**Date-Walnut Honey Bars**
**Prep:** 40 minutes **Bake:** 25 minutes

- 1 recipe Oatmeal Crust
- ¾ cup honey
- ¾ cup apple jelly
- ¼ cup unsalted butter
- ¼ cup packed brown sugar
- ¼ cup all-purpose flour
- ½ tsp. baking powder
- ½ tsp. salt
- 4 eggs, lightly beaten
- 1 tsp. vanilla
- 2½ cups coarsely chopped walnuts
- 2 cups chopped pitted dates

1. Preheat oven to 350° F. Prepare Oatmeal Crust (see recipe, *right*).

2. In a saucepan combine honey, jelly, and butter. Cook over low heat for 5 minutes or until butter and jelly are melted, stirring often. Remove from heat. In a mixing bowl stir together sugar, flour, baking powder, and salt. Add eggs and vanilla; beat until smooth. Stir in honey mixture.

3. Pour half of the filling over each prepared crust. Spread evenly. Top each with the walnuts and dates. Bake for 25 minutes.

4. Cool on wire racks. Chill for 30 minutes. Cut each pan into 18 bars, 3×2 inches each. Makes 36.

Nutrition facts per bar: 254 cal., 13 g total fat (5 g sat. fat), 42 mg chol., 84 mg sodium, 34 g carbo., 2 g fiber, 3 g pro. Daily Values: 8% vit. A, 1% vit. C, 3% calcium, 5% iron.

**For Oatmeal Crust:**

1. Place ¾ cup regular rolled oats ¾ cup sugar, and ½ teaspoon salt i a blender container or food processo bowl. Blend or process until oats ar finely chopped.

2. Transfer to a large mixing bowl Stir in 2 cups all-purpose flour. Usin a pastry blender, cut 1 cup unsalte butter into flour until the mixtur resembles coarse crumbs.

3. Sprinkle 1 tablespoon water ove mixture. Continue to blend unti mixture forms loose crumbs. Pres evenly into bottom of two greased 13×9×2-inch baking pans.

4. Bake each pan on the center rac of the oven for 12 minutes. Cool o wire racks.

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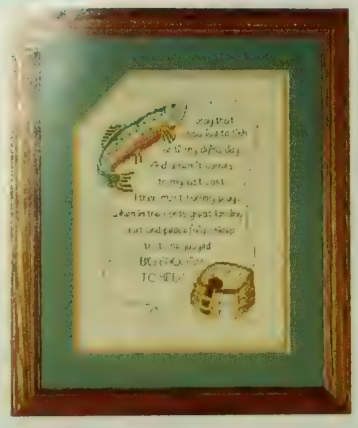



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# Strands of Gold

**Saffron is like confetti at a part…**
The golden-colored strands of th… costly spice add an undeniable spar… to all sorts of dishes and bake… goods—from French bouillabaiss… to Spanish paella to Scandinavia… and German cookies, cakes, an… breads.

Although saffron is worl… renowned and quite versatile, th… spice seems to bewilder many cook… Some substitute turmeric for saffron… or they eliminate the saffron entirel… from a recipe. (That's like makin… vanilla ice cream without the vanilla… Other cooks avoid making saffron… containing classics altogether.

Granted, saffron is pricey whe… compared to its shelf-mates in th… herb and spice section. Here's why… Saffron, produced mainly in Spain… India, Greece, and Iran, is the drie… stigmas of small purple crocu… flowers. Each stigma must be hand… picked. There are only three stigma… per flower, and it takes 80,000 o… them to make one pound of saffron… That's why the price of saffron… ranges from about $1.25 to $8 for … little less than half an ounce.

The good news is that it takes only… a pinch to add saffron's pungent… flavor, floral aroma, and egg-yoll… yellow color to foods. For bes… results, keep saffron stored in … tightly sealed container in a cool… dark place for up to six months.

Typically, saffron is sold in tiny… strands called threads. Or, it can b… found in powder form.

- If you're using threads and they… aren't cooked in liquid during the… recipe preparation, heat some of the… liquid from the recipe, add the… crushed saffron threads, and soak… about five minutes before adding… them—liquid and all—to the dish.
- When using powdered saffron… which is more concentrated, use less… of it than threads. Add it directly to… whatever you're making.

# Vinnie the Pooh Christmas Train



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ɔh is merrily conducting as his
rf flies in the wind. Right behind
ı, a joyous Piglet keeps a watchful
on the "hunny" fuel. Meanwhile,
ore, Tigger and Rabbit decorate
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course, Roo and Christopher Robin are happy



*Each character is meticulously hand painted by skilled artisans.*

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*Shown above is the complete Winnie the Pooh Christmas Train (much smaller than actual length of 19"). Cars may be displayed separately.*

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Kids

attack of the

# freaky fridge people

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## Mac and Cheese

**What you need for the costume and hat:** Orange or yellow hat, leggings, and sweatshirt ▪ Five 10-inch polystyrene wreaths ▪ Orange and yellow spray paint

1. Use scissors to cut the wreaths into quarters. Each quarter will make a noodle. 2. Working in batches, place the noodles inside a cardboard box in a well-ventilated area. Lightly spray the noodles with the orange paint. Finish covering the remaining exposed polystyrene with the yellow paint, giving a mottled two-tone effect. Let noodles dry; turn them over and repeat the process. 3. Arrange the noodles on the hat and shirt, hot-gluing them in place.

continued on page 238


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# Attack of the Freaky Frid

continued from page 236

## Broccoli-Gone-Bad

**You'll need:** 2 green foam water noodles ■ Green sweatshirt and pants ■ Wide-brimmed hat ■ Two 27-inch lengths of ribbon ■ Light and dark green craft foam

1. To make the broccoli stems, first cut the water noodles in half. Then trim the top of the stems into points (see *photo A*). Save the cut-away sections to make small stems that can later be glued to the base of the hat brim. 2. Position the stems on the front of the sweatshirt, placing two on either side of the zipper. Hot-glue an end of each ribbon onto side of sweatshirt, about halfway between armpit and bottom. Hot glue water noodles in place. 3. To make the broccoli flowers, trim off the top of the foam sheets in a wavy line (see *photo B*). Accordion-fold the flat edge of the foam back and forth, as if you are making a fan (see *photo C*). Staple each fold together along the flat edge leaving the wavy top edge open. Continue making different sized light and dark green florets. 4. Arrange the finished florets along the flipped-up hat brim, top of the hat, and over the shoulders of the sweatshirt. Hot-glue them in place. 5. After you've zipped the sweatshirt, bring the ribbons across the front of the stems and tie them together in a bow.

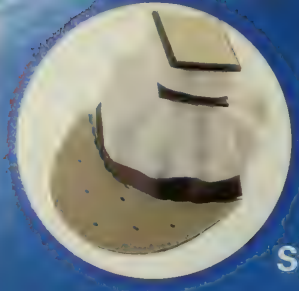

C.


A


B

continued on page 240


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## Attack of the [illegible] Fridge People

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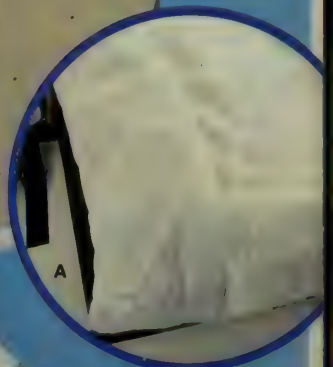
### S'more

**For the costume you'll need:** Two 18×24-inch dark brown corrugated plastic sheets ■ Eight 8½×11-inch light brown craft foam sheets ■ 2 white pillowcases ■ 5 yards of brown ribbon ■ 1 bag of fiberfill stuffing ■ Ruler, scissors, and utility knife

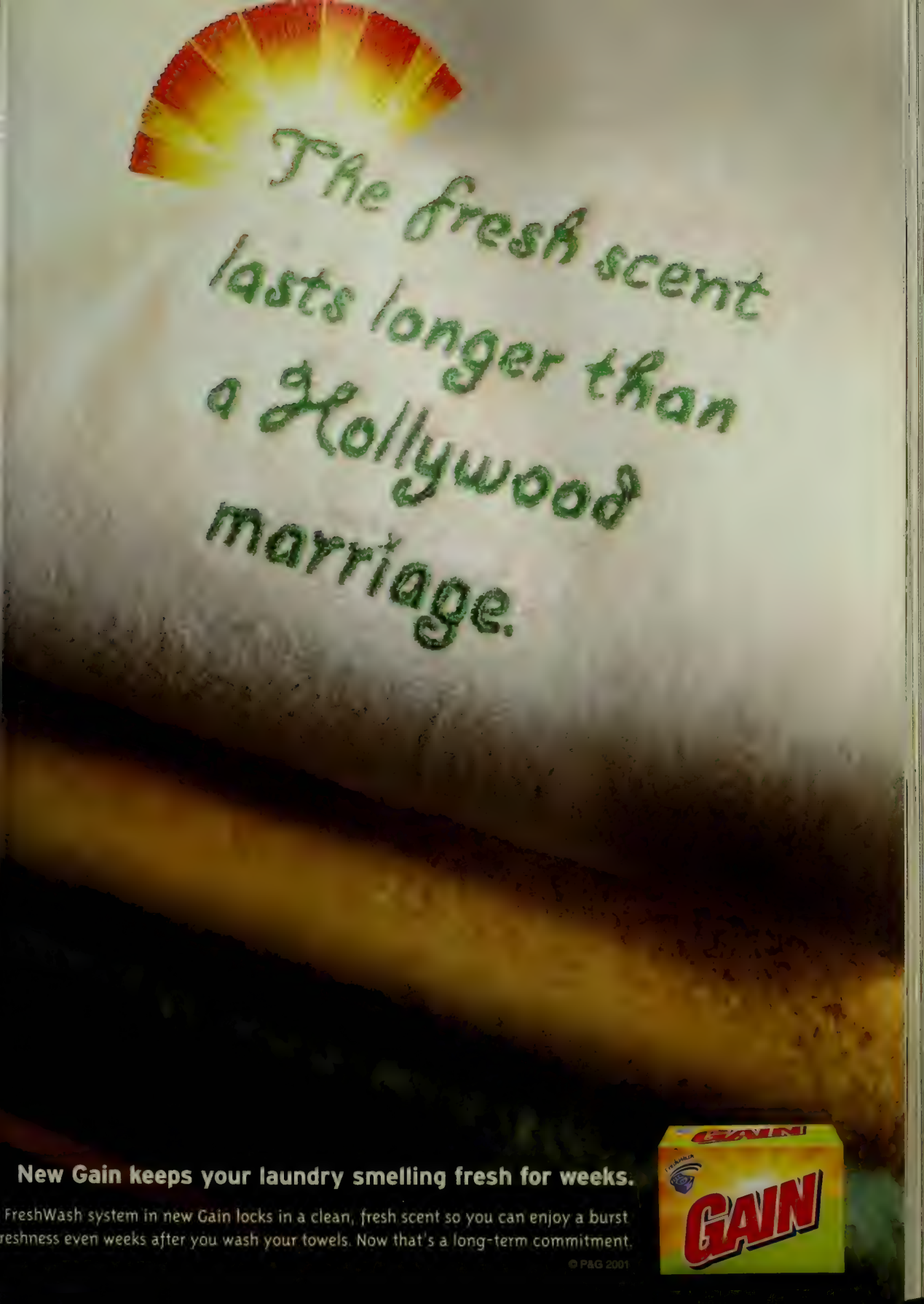
1. To create graham crackers, cut small holes in the foam sheets. Pinch a spot where you'd like a hole, and cut ¼ inch of foam along the fold. 2. Lay four foam sheets on each corrugated plastic sheet. For "perforations," cut wavy edges where the foam sheets meet. Glue one sheet in place at a time. 3. Stuff the top and sides of a pillowcase with fiberfill; leave the center and bottom empty (see *photo A*). Open the bottom and carefully apply hot glue inside the pillowcase's empty center. Close the pillowcase over the glue and press the center together with a ruler. Stuff the bottom with fiberfill. Glue [illegible] edge over the other to seal the pillowcase. Repeat process on second pillowcase. 4. Glue a pillow to the back of each corrugated plastic sheet. 5. Use a utility knife to cut two 1½ inch slits on the top edge of each s'more, and another slit halfway down each side. 6. Attach the s'more pieces by threading 1-yard lengths of ribbon through the pairs of top and side slits. Slip costume over a child's head. Tie ribbons into bows.

**For the hat you'll need:** White painter's cap ■ Corrugated brown plastic ■ Light brown craft foam ■ White pillowcase (or white sheet scrap) ■ Ribbon ■ Stuffing

1. Cut two 3½x5-inch plastic rectangles and one smaller foam rectangle. 2. Cut a corner off a pillowcase (or a white sheet), stuff with fiberfill, and glue edges shut. 3. Glue the pillow between the plastic rectangles, add the foam rectangle on top, and glue entire s'more to the top of the cap. 4. Trace the bill onto plastic and foam, and cut out. Cut holes in the foam, and glue [illegible]es to the bill. Add ribbon to the front of the cap.




continued on page 242


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# Attack of Fridge People

continued from

## Turnip

**For the costume you'll need:** 2 white pillowcases ■ 2 sheets of white corrugated plastic ■ Purple acrylic paint ■ 1½-inch foam brush ■ Fiberfill stuffing ■ String ■ 6-foot lengths of purple ribbon

1. Cut both corrugated plastic sheets into turnip shapes by rounding out one end and trimming the other into a narrowed point. 2. Fill the top of the pillowcases with fiberfill, but only lightly stuff the bottom. Dilute the acrylic paint with water and brush it onto the pillowcases. 3. To make the shoulder straps, lay the corrugated plastic pieces side by side. Stretch a ribbon from one turnip to the other, allowing enough room for your child's head to pass through (see *photo A*). Glue the ribbon ends to the plastic. To make side straps, place a ribbon halfway down each side. Glue the ribbon ends to the plastic. 4. Seal the pillowcase by gluing the bottom shut. Fold the bottom corners to the middle and hot-glue them down. Fold the top corners just enough to round them, and then glue them in place. Lay the pillows over the ribbon and plastic turnip shapes, and glue them in place. 5. Wrap strings around the front and back of each turnip half. Pull the string tight and tie the ends in knots. Let the string ends hang down like roots.

**For the hat you'll need:** Green hat ■ Green acrylic paint ■ Artificial fern plant ■ Plastic foam ball ■ Wire cutters

1. Cut the plastic foam ball in half. Take one of the halves and paint the rounded part green. Let dry. 2. Hot-glue the flat side of the ball to the top of the hat. 3. Remove individual fern stems from the plant using wire cutters. Push the fern stems into the ball. It may be necessary to use glue to anchor some of the stems into the plastic foam ball.




continued on page 244

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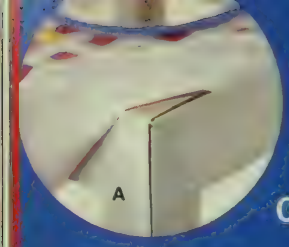

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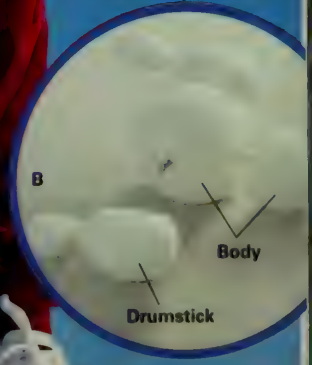
## Chicken Dinner

**For the table you'll need:** Car ■ tablecloth ■ Paper plate, cup, and napkin ■ P

1. Cut away the box's base and sides so only the top and corners remain to form the shape of a tabl and legs. (See *photo A*). Cut a circle in the center of the tabletop just large enough to accommodate your child's head. 2. Trace the opening onto the center of the paper plate and tablecloth, and cut out. Glue the tablecloth to the top of the table, lining up the openings. Glue the plate to the tablecloth, again lining up the openings. 3. Create a table setting by gluing the cup, napkin, and tableware to the table.

**For the hat you'll need:** Baseball cap ■ 6-inch plastic foam ball ■ One 5⅞×3⅞-inch plastic foam egg (large) ■ Two 4⅞×3½-inch plastic foam eggs (medium) ■ Two 3×2½-inch plastic foam eggs (small) ■ 4 craft sticks ■ 1 bag of yellow Crayola Model Magic ■ Light and dark brown acrylic paint ■ Plastic carrots, potatoes, and mushrooms

1. To make the chicken's body, cut the plastic foam ball to make a flat side, about 4 inches in diameter. Cut one inch off the bottom of the large egg. Push a craft stick halfway into the center of the ball's cut side and push the egg's flat side over the rest of the craft stick (see *photo B*). 2. To make a drumstick, cut a flat spot on the side of a medium egg and push a craft stick halfway into the egg. Cover the stick with a small egg. Cut a flat spot on the side of the plastic foam ball and push a craft stick halfway into ball. Push the side of the medium egg over the rest of that stick. (See *photo B* for this step also). 3. Scoop a bowl-shaped opening out of the bottom of the chicken. Place the cap into the opening to test the fit. Cover the chicken (except the bottom opening) with a ¼-inch layer of Model Magic to hold the pieces together and give the appearance of a real chicken. Let dry. Brush dark brown paint into the crevices and light brown paint over the Let dry. Hot-glue the cap inside the bottom 4. Glue carrots, mushrooms, and




continued on page 246

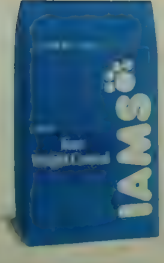


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# With the right diet, Ralph thought, maybe he could lose those love handles.

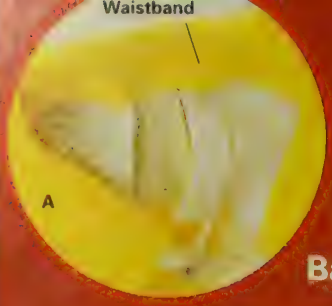
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## Attack ... ry Fridge People

### Banana ...

**For the pants you'll need:** ... pants ■ Six 12×18-inch yellow craft foam ... ■ ... floral wire stems

1. For banana peels, trim the yellow foam sheets into ovals with one flat end. Hot-glue the flat ends of three pieces one inch below the inside of the waistband—one on each side of the front panel and one across the back (see *photo A*). 2. Glue two floral wires down the length of each banana piece. Glue the remaining banana pieces over the first three—sandwiching the wires in between the layers—one inch below the outside of the waistband.

**For the sweatshirt you'll need:** White sweatshirt ■ 1 bag of quilt batting ■ Green and pink chenille stems and pom-poms ■ 1 spool of iridescent ribbon

1. Hot-glue strips of batting around the outside of the sweatshirt to make the whipped cream. Glue 8-inch batting strips around the base of the sweatshirt. As you move up the shirt, gradually decrease the width of the batting pieces to only 3 inches wide around the neck (see *photo B*). 2. Wrap iridescent ribbon between the layers of batting. Hot-glue the ribbon in place every 6 inches. 3. To make sprinkles, fold chenille stems in thirds. Hot-glue the chenille sprinkles and pom-poms on the front and back of the shirt.

**For the hat you'll need:** White hat ■ 1 large plastic foam ball ■ 1 bag red Crayola Model Magic ■ 1 large red chenille stem

1. Make the bottom of the cherry by cutting a ½-inch section off the plastic foam ball. At the top, push a hole into the center of the ball. Use your fingertips to compress the plastic foam around the top hole into a cherry shape. 2. Cover the plastic foam ball with a thin layer of red Model Magic. Leave the flat bottom uncovered. Smooth any bumps in the compound with your fingertips. 3. Bend the red chenille stem in half. Push the ends of the stem into the center hole while the compound is wet. Let dry. Glue the bottom of the cherry to the top of the hat. 4. Wrap batting, ribbon, chenille stems, and pom-pom leftovers around the hat's brim, and hot-glue them in place.




continued on page 248

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## Chinese Takeout

**For the carryout container you'll need:** Cardboard box ▪ 4 yards of 36-inch-wide red paper (sold off the roll at art supply stores) ▪ Gold paper ▪ Two 1-yard lengths of 1½-inch ribbon ▪ Packing tape ▪ Utility knife

1. Cut a hole in the bottom of the box large enough to allow your child to comfortably walk (see *photo, page 250*). Trim the top four flaps so they are 8 inches tall. 2. Wrap and tape red paper around the box and all four flaps. Cut designs out of the gold paper and glue them around the front and back of the box. 3. Cut two pairs of 2-inch horizontal slits—leaving a ½-inch space between slits—on the front of the box. In the same manner, cut two pairs of slits on the back of the box. 4. To make the shoulder straps, thread one end of a ribbon through the pair of slits in the front and back of the box. Repeat this process with the second ribbon. Adjust the length of the ribbons to fit your child, and securely knot each ribbon end inside the box.

continued on page 250



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## Attack of the Freaky Fridge People

Chinese Takeout continued from page 248

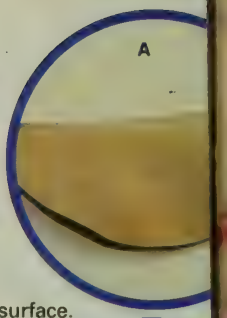
**For the shirt you'll need:** Shirt ■ ½×12×36-inch white plastic foam sheet ■ Utility knife

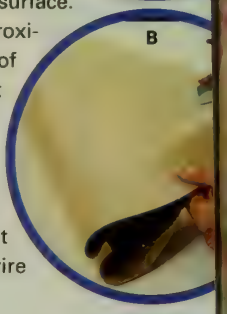
1. Lay the plastic foam sheet on a protected work surface. With the utility knife, cut irregular grains of rice approximately 1x6 inches long. Gently compress the edges of each piece of rice with your fingertips to strengthen it and give it a rounded appearance. Hot-glue the finished rice to the front and back of the shirt. Reserve a few pieces to glue onto the brim of the hat.

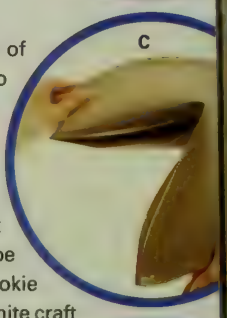
**For the hat you'll need:** Three 12×18-inch sheets of light brown craft foam ■ 1 sheet of white foam ■ Floral wire ■ Black paint marker ■ Khaki hat ■ Stapler

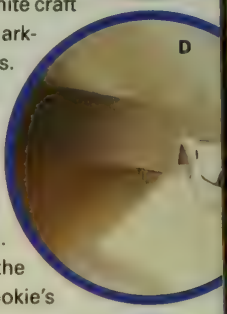
1. To make the fortune cookie hat, stack two sheets of brown craft foam together. Trim off each corner to make a half circle. Staple the length of the 18-inch straight edge together (see *photo A*). 2. Open up the rounded edges and bring them over the stapled edge. Line them up and staple the length of edges together (see *photo B*). 3. Pull the corners of the craft foam sheets together, creating the fortune-cookie shape (see *photo C*). Hot-glue the underside of the folded cookie to the top of the hat. 4. Cut two 3-inch-wide strips of white craft foam, and write a message on each with black paint marker. Glue floral wire to the underside of the messages. Glue one end of each message between the stapled edge on either side of the cookie. 5. Cut a 1×18-inch strip from the third sheet of foam, and hot-glue it over the stapled edge. Where this strip of trim meets the fortune, cut it in half lengthwise and then glue the thin strips over and under the message (see *photo D*). Cut a ½×18-inch strip of craft foam and glue along the top of the 1-inch strip, creating the appearance of a cookie's edge (see *photo E*).

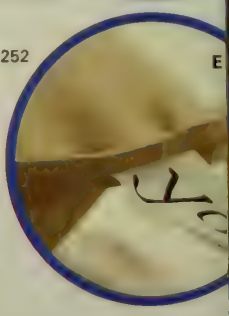
continued on page 252

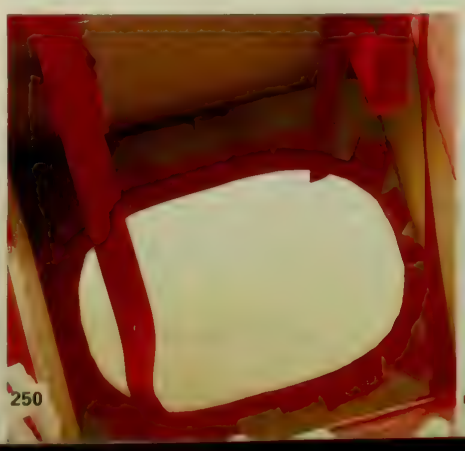



friendship
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October 25, 2001...Court Hearing to Determine Fairness of Settlement

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LAW DIVISION, CAMDEN COUNTY

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FOR INFORMATION REGARDING THE SETTLEMENT




## Spaghetti and Meatball

**For the body you'll need:** Red sweatshirt and sweatpar
■ Four 25-inch lengths of ¼-inch polyethylene tubi
■ Newspaper

1. Lightly stuff the sweatshirt with newspaper, and place it
a hanger. 2. Drape the tubing around the sweatshirt, h
gluing the tubing every couple inches where it touches fabr

**For the hat you'll need:** 11-inch plastic foam ball ■ 2 bags
red Model Magic ■ Brown acrylic paint ■ Red baseball cap

1. Scoop a rounded bowl shape opening out of the bottom
the plastic foam ball. Place the cap in the hollowed-out base
test the fit. Make any needed adjustments by compressing t
plastic foam with your fingertips. 2. Cover the round part
the ball with Model Magic. Make an irregular bumpy finish
pinching the compounds with your fingertips. 3. When t
clay has dried, use the acrylic paint to give the meatball da
and light accents. 4. When the paint dries, fill the hollowed-o
section with glue and push the top of the hat into the glu
5. Glue tubing scraps around the base of the meatball.

## ying Information

nued from page 124

1-8712. **Laminate on crown and valance,** "#S-6-4T 'earl" (Black)—Nevamar Decorative Surfaces—Inter el Paper, Decorative Products Div., 8339 Telegraph Rd., n, MD 21113; 800/638-4380; www.nevamar.com. **Main rtops,** "Olive Organix AV674-S Suede" (Caramel/ Black)—Pionite Decorative Surfaces, One Pionite Rd., , ME 04211-1014; 800/746-6483; www.pionite.com. **e island countertop** (Baltic Brown)—Solid Surface rtops Ltd., 358 Harbour Rd., Victoria, BC, Canada V9A 50/383-9719. **Recessed and track lighting,** halogen ated copper and stainless-steel top)—Lightway Light tures & Accessories Ltd., 695 Alpha St., Victoria, BC, s V8Z 1B5; 250/384-9359. **Microwave,** "Genius Premier " (Black)—Panasonic Co., One Panasonic Way, Se , NJ 07094; 800/211-7262; www.panasonic.com. **Oven,** ba" (Stainless and Black). **dishwasher,** "Whisper Quiet" , **refrigerator,** "KBRS22KG" (Faced)—KitchenAid; 2-1230; www.kitchenaid.com. **Dishes on island,** "The c Garden" (Floral and White)—Hudson Bay Co., 1701 ge St., Victoria, BC, Canada V8W 2G8; 250/385-1311 **nats,** "HF20/377-100% cotton" (Yellow)—Laura Ashley; re locations; 800/367-2000; www.laura-ashleyusa.com. **olash tiles,** "Claypad" (Taupe)—Terry's Tile & Wallcov Ltd., 736 Caledonia Ave., Victoria, BC, Canada V8T 1E5; 6-8453. **Copper inserts in backsplash tiles**—Crossville ics Co., P.O. Box 1168, Crossville, TN 38557; 800/221- www.crossville-ceramics.com. **Metal counter stools uede-type seats,** "#55 Acero" (Arms), "C-27 Paprika" —Amisco Ind., 33 Fifth Ave., L'Islet, PQ, Canada G0R **ustom oak floor** (Honey)—R. Whelan & Co. Ltd., 3501 ury Way, Victoria, BC, Canada V8P 3K7; 250/385-0674. **178** (*top right*): **television,** "Guide and Gold 27" )—RCA/Thomson Multimedia, 10330 N. Meridian St., apolis, IN 46290-1024; 800/336-1900; www.rca.com. ***om right*): black and white print in fireplace niche,** h Renewal" limited edition—Charles Elliott, P.O. Box entwood Bay, BC, Canada V0S 1A0; 250/652-4529. **Gas ert,** "Encore" (Black)—Vermont Castings, Inc., P.O. Box ethel, VT 05032; 800/227-8683.

**Reader Shopping**

**Page 28: It's a Relief Bookcase Embellishment Kit**—Designer Stencils, 2503 Silverside Rd., Wilmington, DE 19810. Paint Magic USA: Desmond International, 412 Pebble Creek Ct., Pennington, NJ 08534.

**Page 137: Immortality Reblooming Iris Collection**—Carroll Gardens, 444 E. Main St., Westminster, MD 21157.

**Page 149: Bulb Collections**—K. Van Bourgondien and Sons, 245 Route 109, Babylon, NY 11702.

**Page 193: Leaf Cookie Cutter Set**—Harold's Kitchen, 140 Lehigh Ave., Lakewood, NJ 08701.

**Page 194: Pie Baker's Essentials**—SCI Cuisine Internationale, P.O. Box 659, Camarillo, CA 93011; Fox Run Craftsmen, 1907 Stout Dr., Ivyland, PA 18974.

**Page 202: Cast Iron Skillet**—Lodge Mfg. Co., Sixth St. at Railroad Ave., South Pittsburg, TN 37380. **"Nuts To You" Tart Pan Set**—SCI Cuisine Internationale (address above).

**Page 206: Pastry Cloth with Frame and Rolling Pin Cover** and **Smart Rolling Pin**—Harold's Kitchen (address above).

## architects & designers

**At Home with the Computer**

**Pages 64-66: architect**—Fred Wilson, Morgante Wilson Architects, Ltd., 3813 N. Ravenswood, Chicago, IL 60613; 773/528-1001. **Project managers**—Wilma Rendon and David Ernst, Morgante Wilson Architects, Ltd. (address above). **Kitchen designer**—Kathleen Nelson, CKD, nuHaus, 1665 Old Skokie Rd., Highland Park, IL 60035; 847/831-1330.

**Laundry Lessons**

**Pages 74-76: architect**—Kirk Peterson, 5253 College Ave., Oakland, CA 94618; 510/547-0275.

**Pages 78-80: architect**—Fred Wilson, Morgante Wilson Architects, Ltd., 3813 Ravenswood, Chicago, IL 60613; 773/528-1001. **Project managers**—Wilma Rendon and David Ernst, Morgante Wilson Architects, Ltd., 3813 Ravenswood, Chicago, IL 60613; 773/528-1001.

**Clutter-Buster Closets**

**Page 82: builder**—Paul Gordon, Stone Pillar Remodeling, P.O. Box 341, Medina, WA 98039; 425/454-7719. **Interior designer**—Janet Dunbar, ASID Allied, Dunbar Interiors, P.O. Box 204, Sun Valley, ID 83353; 208/726-8573.

**Page 84: interior designer**—Laura Birns Design, P.O. Box 812, Del Mar, CA 92014; 858/259-0750. **Custom built-ins**—Clyde Turner, CTT Furniture, 7034 Carroll Rd., San Diego, CA 92121; 619/587-9311.

**Page 86 (*top left*): builder/contractor**—Booth Construction, 5622-90th Ave., SE, Mercer Island, WA 98040; 206/232-0898. (***Lower left and top right***): **interior designer**—Anita Carpenter; 214/526-4422. **Architect and general contractor**—Robert H. Clark, Architect and General Contractor, 6517 Hillcrest Ave., Ste. 311, Dallas, TX 75205; 214/361-9279. (***Bottom right***): **builder**—Burke & Sons Enterprises, 18915-142nd Ave., NE, Ste. 100, Woodinville, WA 98072; 425/488-6932; www.burkeandsonsenterprisesinc.com. **Structural design**—Architects Northwest, Kahsoon Wong, Project Manager, 18915-142nd Ave., NE, Ste. 110A, Woodinville, WA 98072; e-mail: archnwl@aol.com.

**Go Green**

**Pages 90-94: general contractor, cabinetry**—Dan Dresser, 581 N. Twin Oaks Valley Rd., San Marcos, CA 92069; 760/736-8503. **Interior designer**—Maher Design Co., 8284 La Jolla Shores Dr., La Jolla, CA 92037; 858/454-2289.

**Gardener's Almanac**

**Pages 130-135: designer**—Tom Kemper, 761 Bellevue East, Seattle, WA 98102; 206/329-6633.

**Cut to Fit**

**Pages 159-168: architect**—David T. Lorimer & Assoc., 2234 Third Ave., San Diego, CA 92101; 619/232-8386. **Contractor**—Gaylan Pavelko Inc., 858/794-1659. **Interior designer**—Jeffrey Alan Marks; La Jolla, CA; 858/459-9192; Web site: www.JAM-design.com. **Landscape architect**—Mike Dilly/MDZA Landscape Architecture; 949/646-5657. **Landscaping**—Steven Smith Landscaping, 1265 Felicita Lane, Escondido, CA 92029; 760/745-9916.

**Kitchens Plus+**

**Pages 171-175: kitchen designer**—Rose Adams, Rose Adams Cabinetry, 1 Kings Hwy. N, Westport, CT 06880; 203/226-8211. **Pages 176-178: designers**—Keith Baker, K.B. Design, 892A Admirals Rd., Victoria, BC, Canada V9A 2P3; 250/384-1550; e-mail: playtime@pacificcoast.net. Tracey Lamoureux, Creative SPACIZ, 758 Cloverdale Ave., Victoria, BC, Canada V8X 2S7; 250/386-1117; e-mail: ptlamoureux@pacificcoast.net. **Contractor**—Bob Whelan, R. Whelan & Co., Ltd., 3501 Salisbury Way, Victoria, BC, Canada V8P 3K7; 250/385-0674.



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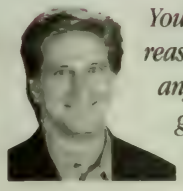
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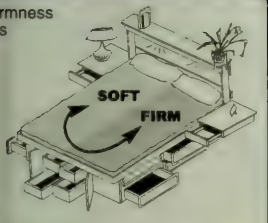
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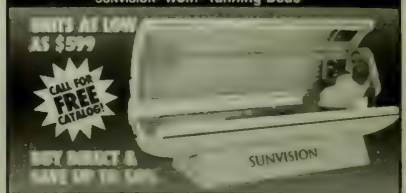
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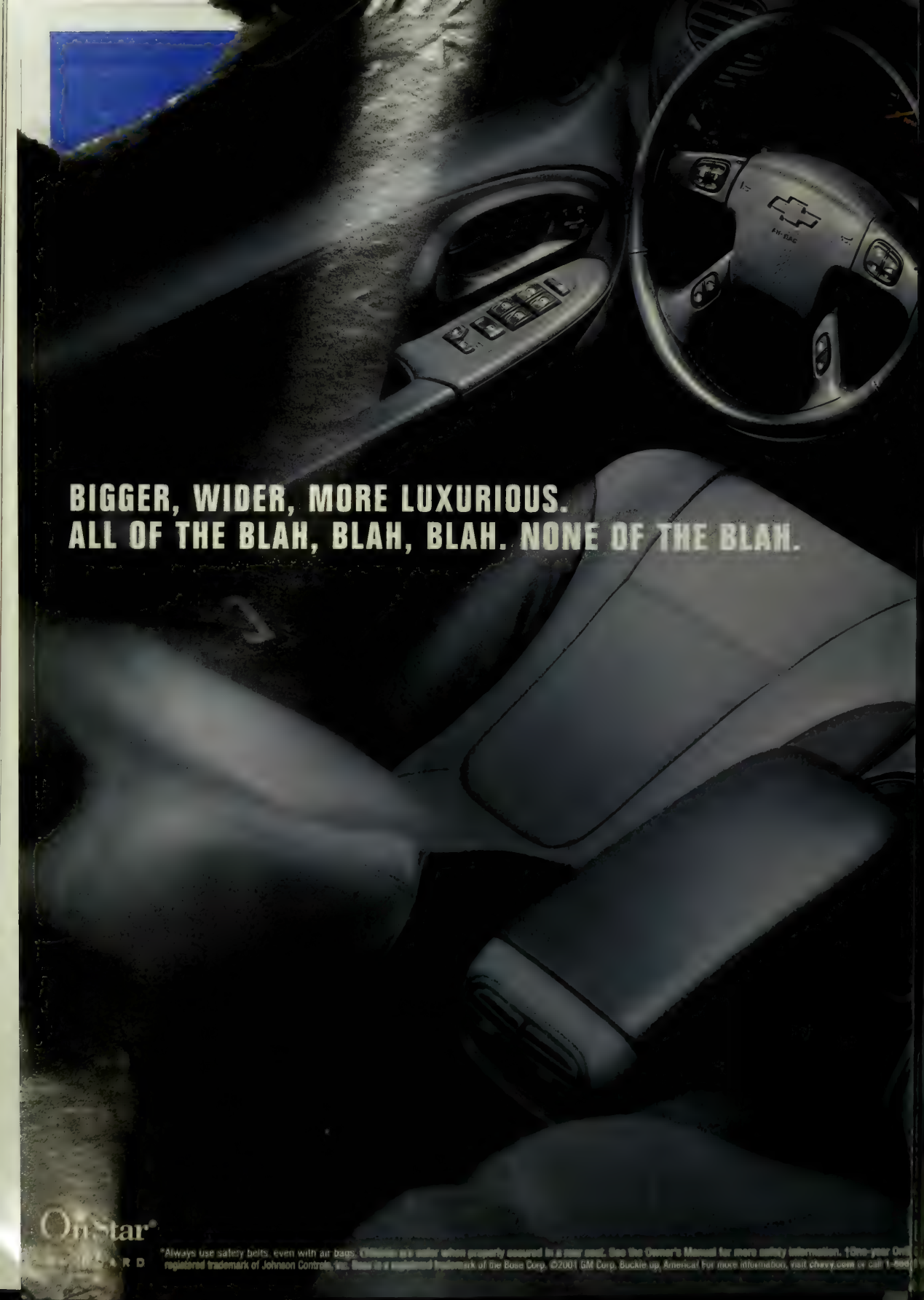


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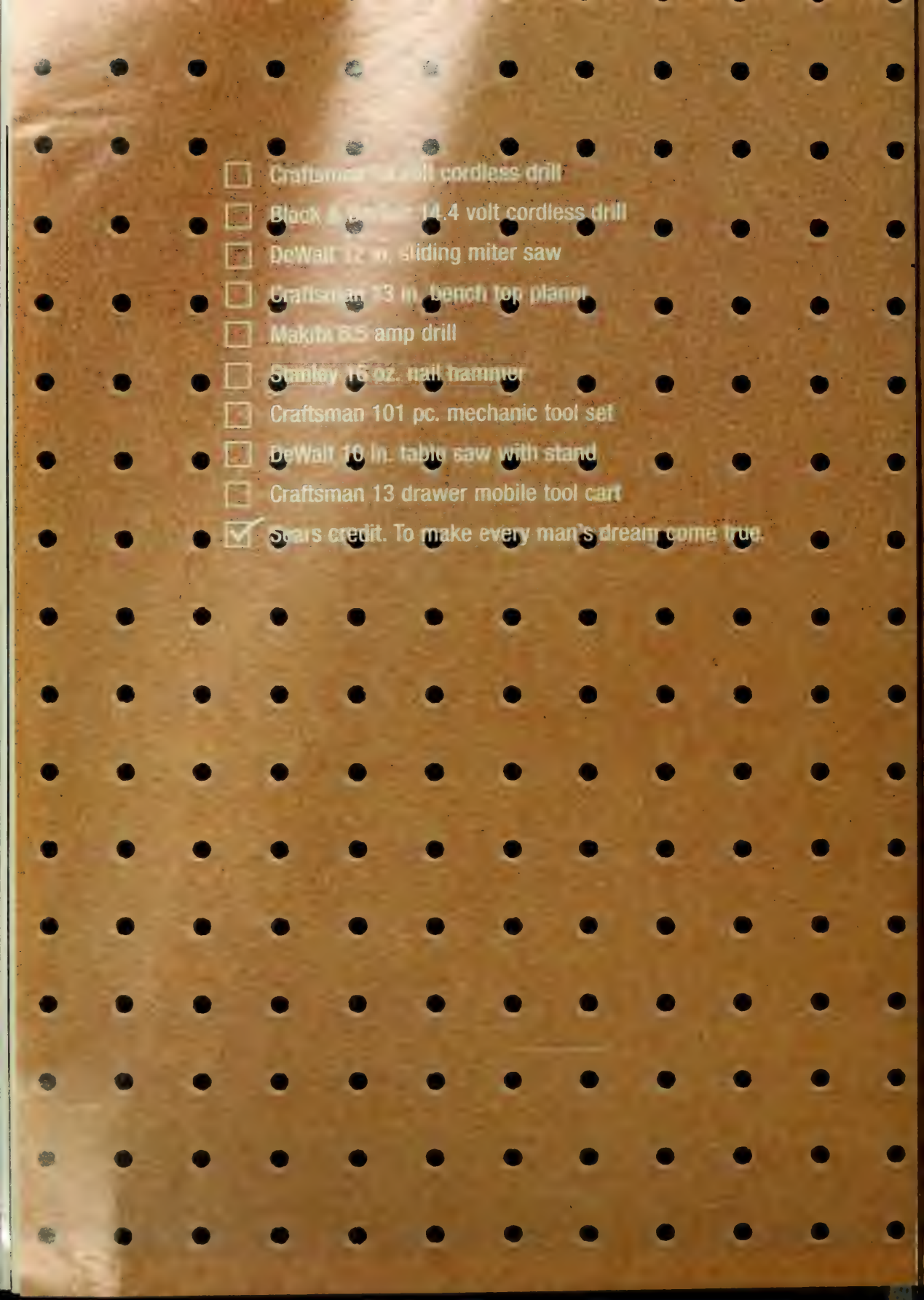
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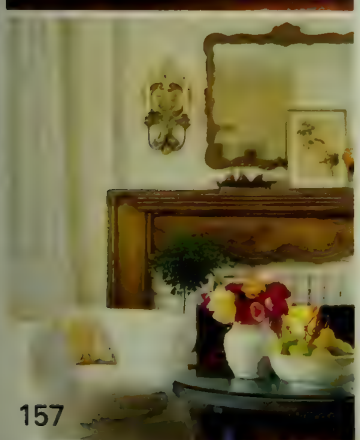
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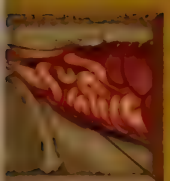
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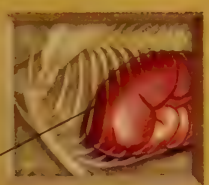
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This past summer, I met Ryan while we were both working at the 4-H Foundation fund-raising booth at the Iowa State Fair. In between selling teddy bears and cookbooks, we struck up a conversation. A quiet but engaging high-school student interested in psychology and extemporaneous speaking, Ryan had his life to age 35 planned: Four years at a small, East Coast liberal arts college, then on to an Ivy League school for an advanced degree. Marriage would be an option at or after age 26. A career as a shrink to the stars, and plans to launch a private-label bottled water business.

Ryan obviously is a young man ready to make his own way in life. What did Ryan's belonging to 4-H have to do with getting him to this point? Probably a lot. Like many other youth organizations, 4-H teaches a variety of skills while creating a safe and helpful community where kids can gain confidence and a growing sense of self. Typical of youth organizations, 4-H largely depends on volunteers.

When I polled our magazine's staff members about their personal experiences with volunteering for kids, I heard sentiments that echo my own feelings: that the need to lend a hand for kids at schools, churches, and youth groups and organizations is greater than ever. Parents can't always do it alone. If you're already a volunteer for kids, bravo! If you think that phase of life is ahead of or behind you, I ask you to think again. Whether you help a child to read, keep a teenager off the streets, or simply pour the lemonade at a youth ball game, you'll be helping the world create more kids like Ryan. Full of dreams and determination, he is a wish come true for all of us who volunteer to help kids.



Karol DeWulf Nickell

Karol DeWulf Nickell, Editor in Chief

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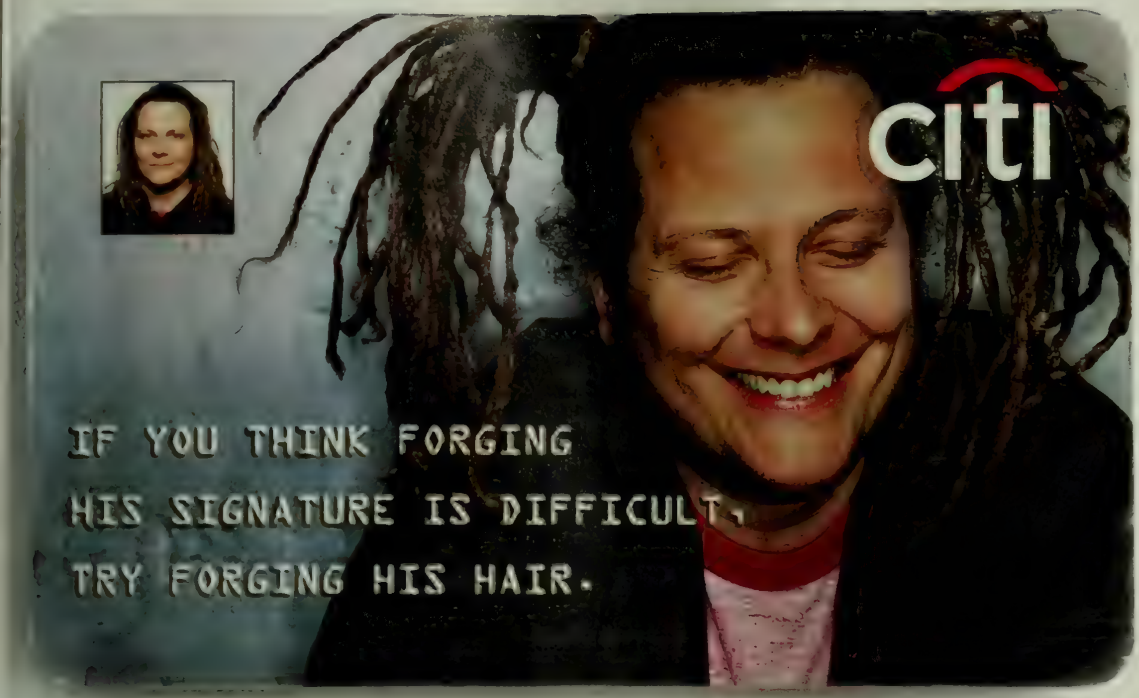
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## family network

### Create a holiday decoration collection for your child

Every year since my children were born, we've given them a Christmas ornament that they someday will use to adorn their own trees. When they turned 13, we started buying other holiday decorations like nativities, snow globes, and Christmas pillows. Now that my children are 18 and 19, they are thrilled with their holiday decorating collections.

Carol Sousa
Delran, N.J.

### Handprint greeting cards please far-away relatives

We add a special touch to greeting cards. We trace our toddler's and infant's handprints, one within the other and each in a different color, on the inside of each card. I know these special cards will be treasured in years to come.

Michelle Haglan
Mooresville, N.C.

### Surprise funeral memorial delights loved ones

When my beloved grandmother died, I could not attend the out-of-state funeral. Instead, I quickly made memorial booklets and mailed them overnight to the funeral home. Created with my computer, scanner, and color printer, the booklets included my grandmother's photo, a memorial statement, her birth and death dates, and her four favorite Christmas cookie recipes.

Betsy DiJulio
Virginia Beach, Va.

### Family reserves a night for letter writing

We've developed a family letter-writing night to keep in touch with out-of-town friends and relatives. We sit around our table together and write letters or draw pictures for our loved ones. Our children have maintained healthy relationships with these people, the kids' writing skills have improved, and the activity has strengthened our family.

Karen Alvord
Roseville, Calif.

### Curfew squabble saver

"I'm just a little late" used to be my kids' comment when they missed curfew. Then I implemented the "one minute equals 10 minutes" rule. For every one minute they are late, they must return home 10 minutes early the next time they go out. They no longer lose track of time.

Patricia Petit
Swansea, Mass.

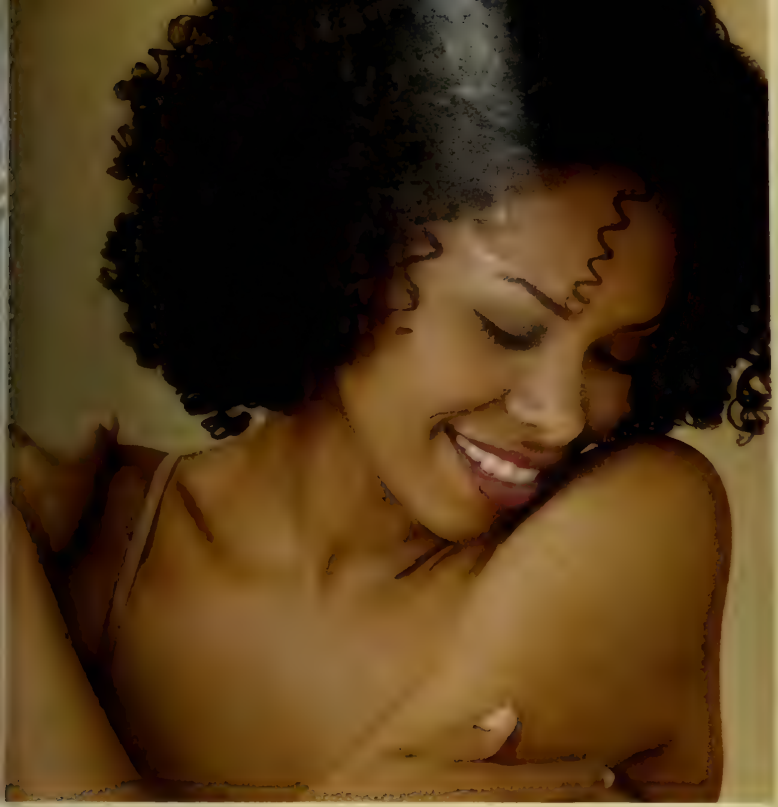
### Work in exercise on busy days

Some days my schedule is too full to drive to the health club. On those days, I give each of my two small children a spillproof cup of milk and a baggy with cereal. With the kids in their stroller, we head out for an early-morning walk. My children get breakfast, I get exercise, and we all enjoy the great outdoors. Plus, there are no breakfast dishes to clean.

Jammie Moran Sudbeck
Bel Air, Md.

### WRITE TO US

Do you have an innovative solution to a problem in your family, neighborhood, or community? Family Network would like to hear from you. Write to: Family Network, *Better Homes and Gardens*® Magazine, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of *Better Homes and Gardens* magazine. We will pay $50 for each idea published, if you provide your Social Security number.



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This holiday season, let BHG.com help you shop. We've scoured the Net for the best sites around, from cookware to gardening tools. We'll save you time and money.
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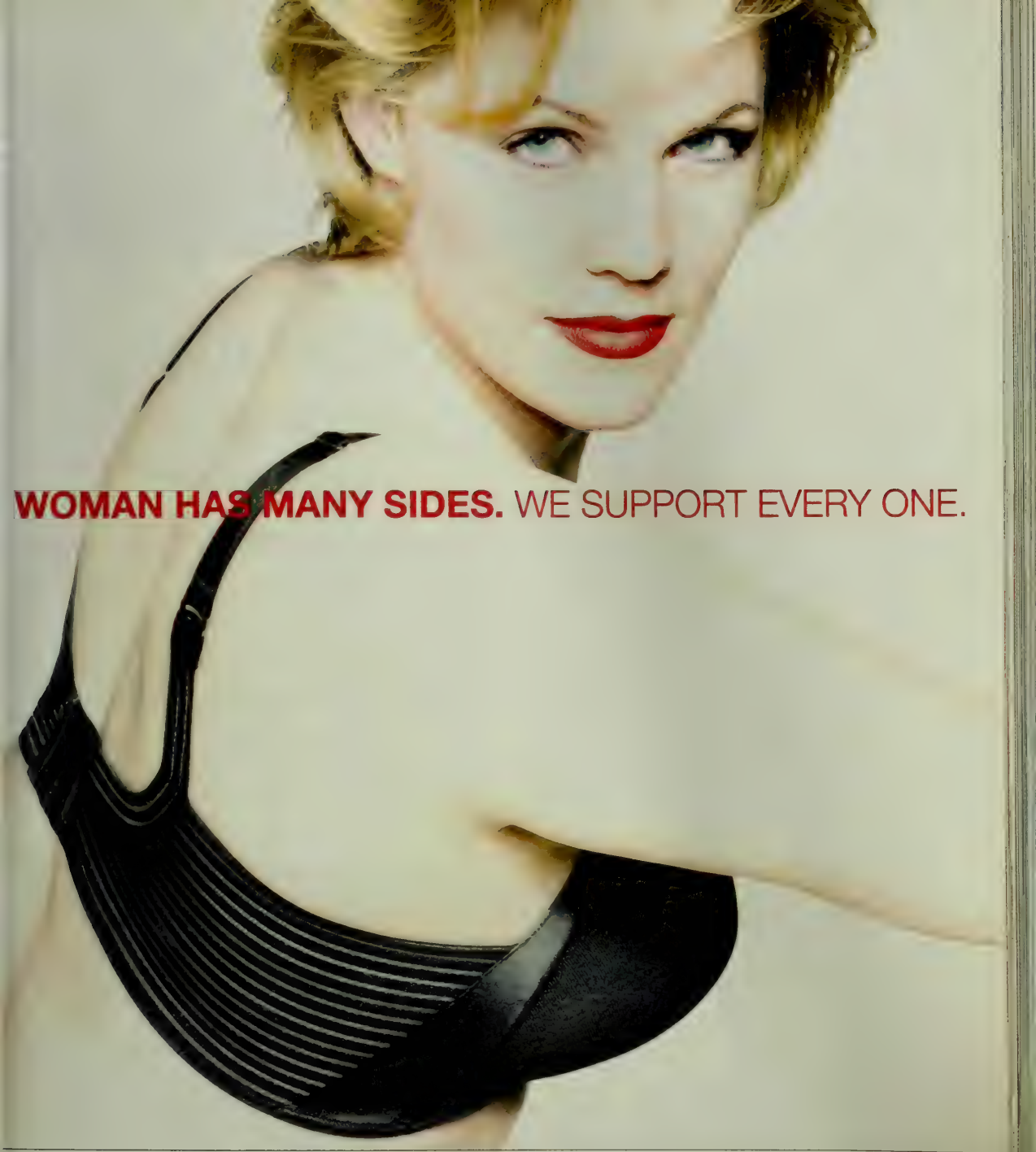
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See a complete list of rules on *pa*



## Table Delights

A cloud of hydrangea tucked into the top of a pumpkin makes a great presentation for your fall table. We offer centerpieces that will be the talk of your gatherings. www.bhg.com/centerpieces




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## INSTRUCTIONS

1. Get bucket and mop.
2. Fill bucket with water.
3. Add cleaning agent.
4. Start mopping.
5. Rinse.
6. Repeat steps 4 and 5 'til done.
7. Wait for floor to dry.

**CLEAN UP THE EASY WAY THIS HOLIDAY SEASON.** New Swiffer WetJet is an all-in-one appliance that takes the work out of cleaning. Just press a button and a fine spray of no-rinse solution helps dissolve even stubborn dirt quickly. A thick, super absorbent pad then finishes the job by trapping the dirt, leaving behind clean, near-dry floors. Your 'things to do' list this holiday season just got shorter.

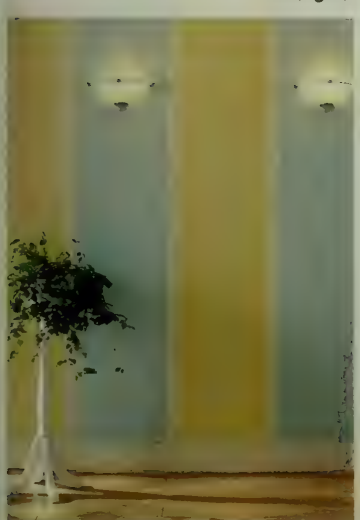
Swiffer WetJet

# Pass with Flying Colors

Hallways don't have to play second fiddle to more popular areas of your home. Jazz them up with paint, light, and creativity, and you'll make the path through the hall less of a prelude and more of a main event.

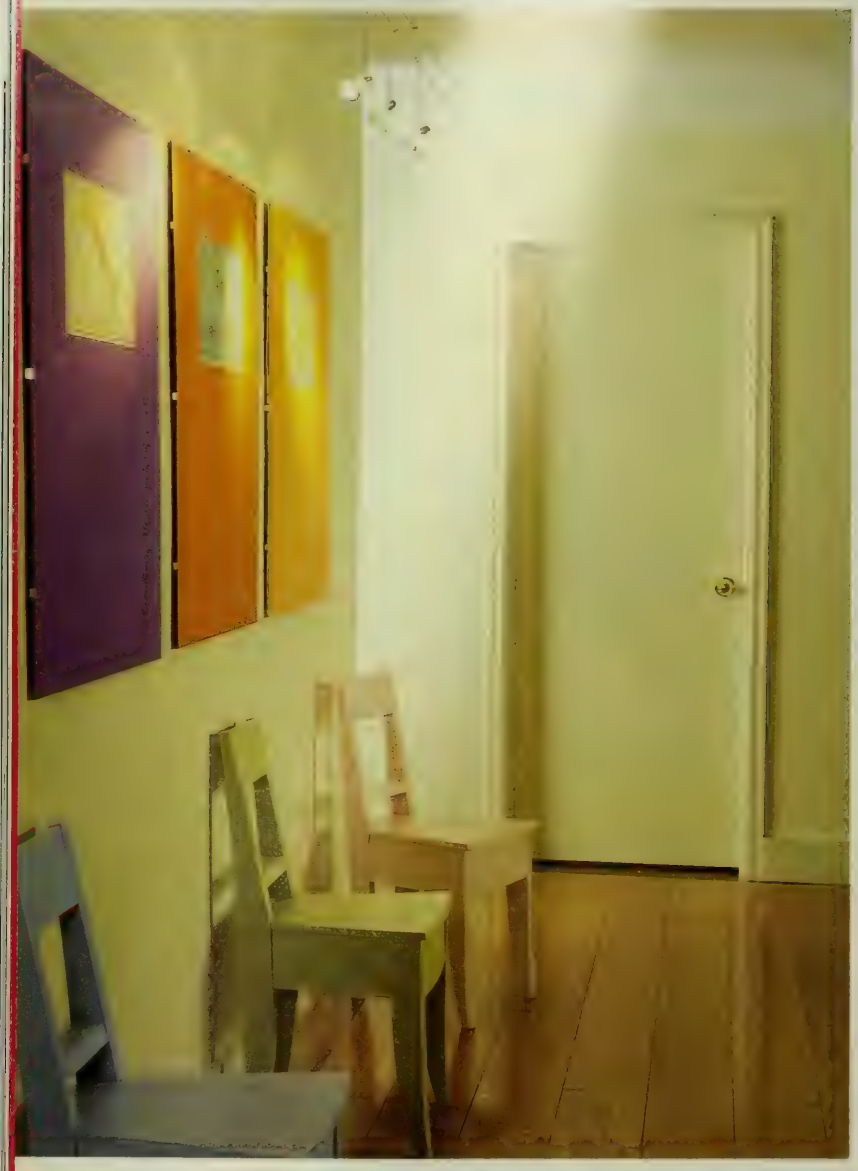


**Get sneaky by using paint-induced illusions: Vertical stripes (*below*) make the hallway look taller than it really is. Light colors open up a hallway; dark colors accentuate narrowness. For balance, coordinate the paint colors with those seen through door openings from the hall (*right*).**



**candy striping** Give your hall walls a coat of many colors. This stripe pattern is simple to do and easy on the eyes. Before getting too color-happy, coat the wall with latex paint the same color as the trim. Let that coat dry for two days. Then, use a level and a pencil to make light vertical lines on the wall every 20 inches. To get a mini-stripe between each larger one, adhere a strip of 2-inch-wide, low-mask painter's tape along each line's left side. Remember to mask ceiling and floor trim to prevent getting color where it's not wanted. Paint stripes in alternating colors, and remove the tape when you're done. As a finishing touch, add wall sconces to emphasize luminescence.

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Hallway spaces make natural galleries, so go with the flow by using a pale, neutral color as a backdrop. Paint the walls a muted shade, and use semigloss paint in the same color on doors, moldings, and frames to continue the seamless-looking canvas (*left*). Get even more artsy by using cable lighting you can direct at the works of art (*below*). In addition to helping the art out, the light will guide passersby through the hallway.

**that's my gallery** From fresco to finger paint, any medium is welcome in your personal hallway gallery. But be selective: Choose a few pieces that are the same size, and space them so there is a "pause" between each frame. Use the same type of frame for all of the pieces in your collection, and keep it simple to avoid visual clutter. Make small pictures showroom-worthy with frameless mats in giant sizes and bright colors. Here, we used 24×36-inch frameless poster kits (available in arts and crafts supply stores). If you'd rather not cut the mats yourself, ask a framing store to do it for you.



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Mrs. Smith's Bakeries, Inc

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# What Could Top Pumpkin Pie?






**Go toward the light when it comes to wainscoting. Light-colored paint takes well to plywood wainscoting, especially paint shades such as khaki, olive green, wheat, or white. Choose two shades, using the lighter color above the wainscoting and the darker below. For the lattice strips, pick a shade lighter than the other two colors (*left*). Paint the wainscot, then nail it up after it's dry. Remember to touch up the nail heads. Instead of a plain light fixture, go with a more decorative hanging paper shade (*below*).**

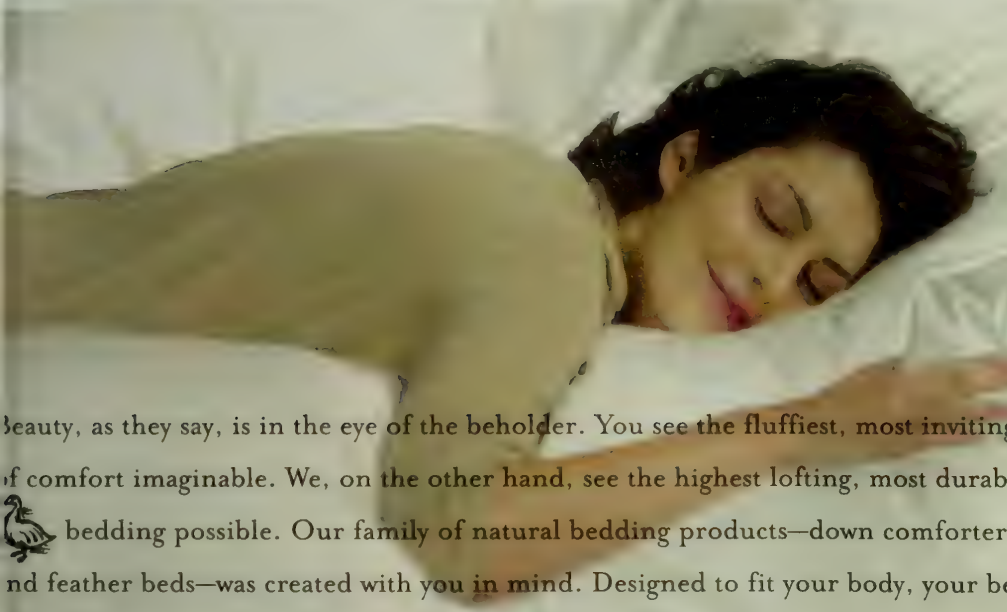
Buying information, page 240




**practical magic** Wainscoting leads a double life as both a decorating tool and a safeguard against the elements. Keep hallway wainscoting low: A 35-inch height will widen the hall visually. This wainscot, made from 1-inch-thick plywood cut to fit and nailed to the wall, can stand up to hard knocks from big suitcases and big tricycles. It also keeps sound out and hides walls that are in bad shape, even if they're uneven or crumbling. To get this look, nail ⅛-inch lattice strips over plywood wainscot every 12 inches. Prime and paint the strips the same color as the floor moldings. Top the wainscot edge with a 1-inch-wide rail.

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# Ahh, the Gift of Cheese

This holiday season, delight everyone on your gift-giving list with a basket of mouthwatering cheese. Whether it's a basket overflowing with tangy Cheddars or a round of rich, creamy Brie, cheese brings cheer. With more than 300 varieties of domestic cow's milk cheeses, the gift-giving possibilities are endless.

Scrumptious cheese baskets can be found in catalogs or online at ilovecheese.com and are also simple to create at home. A wide variety of cheeses can be found at your local grocery store, wine shop or specialty market.



*A basket filled with mouth-watering domestic cheese is a delicious way to say Happy Holidays!*

## *Savor the season with cheese*

***"Cheese Flights" Board*** – Present several cheeses with something in common such as creamy Camembert, buttery Havarti and rich Brie, with a set of cheese knives and a cheese board.

***"Perfect Pairings" Basket*** – Select a variety of cheeses, a bottle of wine, crackers, crusty bread and pieces of fruit, and display in a wicker basket.

***"Pasta Lovers" Party*** – Arrange domestic Asiago, Romano, Parmesan and provolone with a variety of pastas and marinara sauces in a stainless steel pot or strainer.

***"Holiday Cheer" Bags*** – Pick up several delicious cheeses, place them in holiday bags, tie with festive ribbons and attach cheese slicers in place of an ornament.

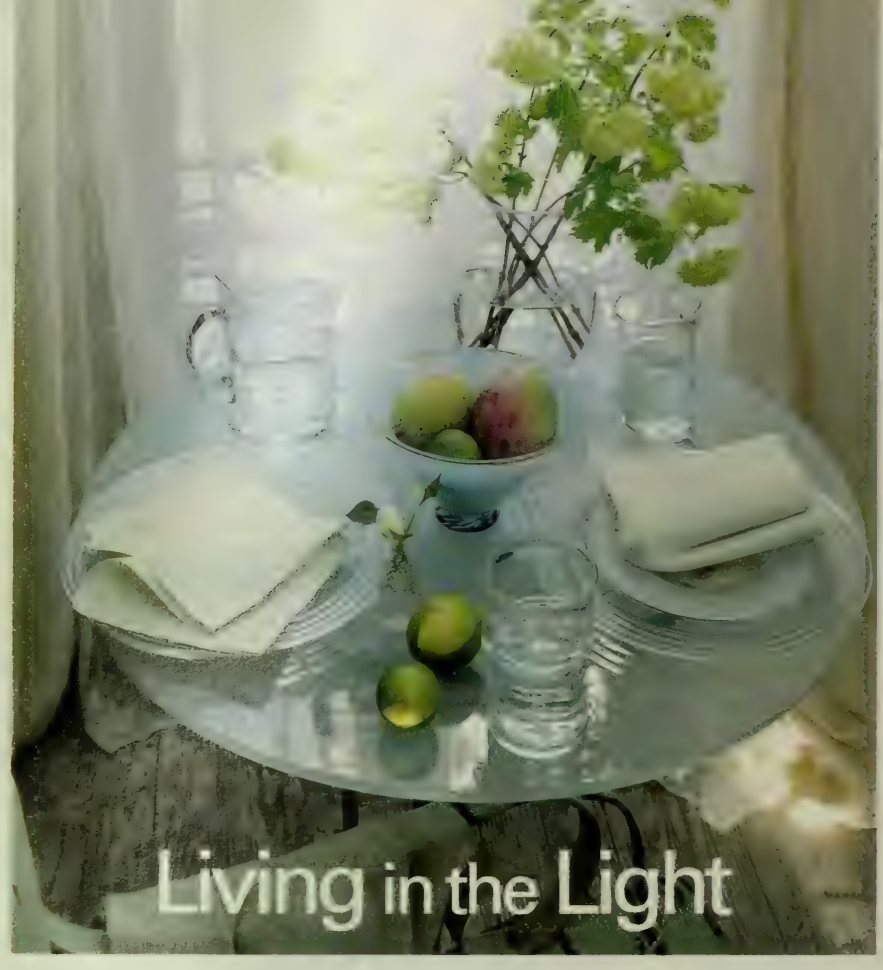
For more information on where to purchase gifts of cheese, pairing cheese with wine and other foods, and additional cheese basket tips, visit www.ilovecheese.com.

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# Living in the Light

Like a flower bud that opens to the sun's warmth, a room can blossom in the presence of sunshine. Light has the power to make color thrive, patinas shimmer, and an empty space come alive. Here are some ways to brighten up your home.

Maximize your contact with sunlight. Set up a dining table near a window (*above*) or turn your living room seating group toward the sun. (Window film that filters ultraviolet (UV) light prevents fabrics from fading.)

Bring the outdoors in. Place green leafy plants, a potted tree, or a vase of flowers in front of a window to heighten the sense of nature indoors.

Set off your finishes. Glossy wood furniture glistens and shines when light strikes it. Enhance this effect by applying a paste wax periodically (as directed by the manufacturer) to keep the wood lustrous. Don't station heirloom pieces in drying direct sunlight without some UV protection, however.

Complement light with color. Where the light is cooled by a shady tree or from a northern exposure, turn up the temperature with warm tones, such as reds and golds. If the light is warm from a southern exposure, let the color scheme go cool with blues, greens, and neutrals.

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turizers with RETINOL & UV PROTECTION to renew and protect every inch of you.
FOR YOUTHFUL LOOKING SKIN ALL OVER.

# Living in the Light

continued from page 30

Reflect the light with glass. Mirrors multiply and energize sunlight. For a breezy feeling in a room, hang a framed mirror—taking care to reflect something pleasing (*below*). You can brighten a dead-end hallway by hanging a frameless wardrobe mirror that is decorated with a frame and window muntins from a hardware store. The convincing "window" will bounce light into the hallway.

Borrow light from the next room. In a small room with no natural light source, create a small interior window in the wall to access light from a neighboring room. Removing doors between rooms also lets light pass.

Keep window treatments sheer and translucent. Dress your windows casually to simply let in the light. Sheer panels, such as organdy, lace, or muslin, filter light (*right*) and retain a hint of pattern in their folds. Sleek-looking louvered blinds will give you control and privacy.

Block uninspiring views without losing any light. Install glass block, or decorate windowpanes by using etching cream to frost the glass.



Create shifting designs of light by hanging curtains featuring printed-on or cutout patterns, like these lace panels (*above*).




Place mirrors where they'll catch the light as well as a pretty view. Angled up, this mirror (*left*) reflects the folds of white curtains. Or, angle a mirror down to capture a tabletop arrangement.




## When these problems interfere with everyday life, it could be Alzheimer's disease.

## A medicine called ARICEPT® may help.

n you or someone you care for has gradually asing memory problems, it may not be normal ;. It could be Alzheimer's disease, an incurable, ressive illness.

y there's hope, including a prescription cine called ARICEPT®. Once-daily ARICEPT® nically proven to treat the symptoms of mild derate Alzheimer's. In people who respond to CEPT®, symptoms may get better, stay the or progress at a slower rate.

CEPT® is well tolerated but may not be for one. Some people may experience nausea, hea, insomnia, vomiting, muscle cramps, ue or loss of appetite. In studies, these side ts were usually mild and temporary. Some le taking ARICEPT® may experience faint- People at risk for ulcers should tell their doctors use their condition may get worse.

Only a doctor can say if memory problems are due to Alzheimer's disease. And the sooner you know, the sooner ARICEPT® may help. So speak to a doctor today and ask about ARICEPT®, the #1 prescribed medicine for Alzheimer's disease.

SEE A DOCTOR AND ASK ABOUT

ONCE-A-DAY

**ARICEPT®**

(donepezil HCl)

5-MG AND 10-MG TABLETS

MEDICINE TO REMEMBER™




*To learn more and to receive a memory checklist, call*

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ONCE A DAY

# ARICEPT® (donepezil HC

## MEDICINE TO REMEMBER®

**ARICEPT® (Donepezil Hydrochloride Tablets)**

Brief Summary — see package insert for full prescribing information. **INDICAT** ...icated for the treatment of mild to moderate dementia of the Alzheimer's type. **CONTRA** ...nd in patients with known hypersensitivity to donepezil hydrochloride or to pip... ARICEPT® as a cholinesterase inhibitor is likely to exaggerate succinylch... **Cardiovascular Conditions:** Because of their pharmacological action, ...hinesterase inhibitors have the potential to exert vagotonic effects on the sinoatrial and atrioventricular nodes. This effect may manifest as bradyc... with or without known underlying cardiac conduction abnormalities. Syncopal episodes have been ...ported with ARICEPT®. **Gastrointestinal Conditions:** Through their primary action, cholinesterase inhibitors are expected to increase gastric acid secretion due to increased cholinergic activity. Therefore, patients with symptoms of active or occult gastrointestinal bleeding, especially those at increased risk for ... a history of ulcer disease or those receiving concurrent nonsteroidal anti-inflammatory dr... ARICEPT® have shown no increase relative to placebo in the incidence of either peptic ulcer ... ARICEPT® as a predictable consequence of its pharmacological properties, has been ... and vomiting. These effects, when they occur, appear more frequently with the 10 mg/day ... In most cases these effects have been mild and transient, sometimes lasting one to three w... during continued use of ARICEPT®. **Genitourinary:** Although not observed in clinical tr... may cause bladder outflow obstruction. **Neurological Conditions:** Seizures. Cholinomimetics ... potential to cause generalized convulsions. However, seizure activity also may be a manifestation of Alz... **Pulmonary Conditions:** Because of their cholinomimetic actions, cholinesterase inhibitors should be prescr... ...ory of asthma or obstructive pulmonary disease. **PRECAUTIONS Drug-Drug Interactions** ***Drugs Highly Bound to Plasma Proteins:*** Drug displacement studies have been performed *in vitro* between ... and other drugs such as furosemide, digoxin, and warfarin. ARICEPT® at concentrations ... does not affect the binding of furosemide (5 µg/mL), digoxin (2 ng/mL), and warfarin (3 µg/mL) to human al... ARICEPT® to human albumin was not affected by furosemide, digoxin, and warfarin. ***Effect of ARICEPT® on the Metabolism of Other Drugs:*** *No in vivo* clinical trials have investigated the effect of ARICEPT® on the pharmacokinetics of drugs metabolized by CYP 3A4 (e.g. cisapride, terfenadine) or by CYP 2D6 (e.g. imipramine). However, *in vitro* studies ... a low risk of binding to these enzymes (mean $K_i$ about 50-130 µM) that, given the therapeutic plasma concentrations ... expected (~1 to 4 nM), indicates little likelihood of interference. Whether ARICEPT® has any potential for enzyme induction is not known. ***Effect of Other Drugs on the Metabolism of ARICEPT®:*** Ketoconazole and quinidine, inhibitors of CYP 3A4 and 2D6, respectively, inhibit donepezil metabolism *in vitro*. Whether there is a clinical effect of these inhibitors is not known. Inducers of CYP 2D6 and CYP 3A4 (e.g. phenytoin, carbamazepine, dexamethasone, rifampin, and phenobarbital) could increase the rate of elimination of ARICEPT®. ***Use with Anticholinergics:*** Because of their mechanism of action, cholinesterase inhibitors have the potential to interfere with the activity of anticholinergic medications. ***Use with Cholinomimetics and Other Cholinesterase Inhibitors:*** A synergistic effect may be expected when cholinesterase inhibitors are given concurrently with succinylcholine, similar neuromuscular blocking agents, or cholinergic agonists such as bethanechol. **Carcinogenesis, Mutagenesis, Impairment of Fertility** Carcinogenicity studies of donepezil have not been conducted. Donepezil was not mutagenic in the Ames reverse mutation assay in bacteria, in the chromosome aberration test in cultures of Chinese hamster lung (CHL) cells, or in the micronucleus test. Donepezil was not clastogenic in the *in vivo* mouse micronucleus test. Donepezil had no effect on fertility in rats at doses up to 10 mg/kg/day (approximately 8 times the maximum recommended human dose on a mg/m² basis). **Pregnancy** ***Pregnancy Category C:*** Teratology studies conducted in pregnant rats at doses up to 16 mg/kg/day (approximately 13 times the maximum recommended human dose on a mg/m² basis) and in pregnant rabbits at doses up to 10 mg/kg/day (approximately 16 times the maximum recommended human dose on a mg/m² basis) did not disclose any evidence for a teratogenic potential of donepezil. However, in a study in which pregnant rats were given up to 10 mg/kg/day (approximately 8 times the maximum recommended human dose on a mg/m² basis) from day 17 of gestation through day 20 postpartum, there was a slight increase in stillbirths and a slight decrease in pup survival through day 4 postpartum at this dose, the next lower dose tested was 3 mg/kg/day. There are no adequate and well-controlled studies in pregnant women. ARICEPT® should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. **Nursing Mothers** It is not known whether donepezil is excreted in human breast milk. ARICEPT® has no indication for use in nursing mothers. **Pediatric Use** There are no adequate and well-controlled trials to document the safety and efficacy of ARICEPT® in any illness occurring in children. **ADVERSE REACTIONS Adverse Events Leading to Discontinuation** The rates of discontinuation from controlled clinical trials of ARICEPT® due to adverse events for the ARICEPT® 5 mg/day treatment groups were comparable to those of placebo-treatment groups at approximately 5%. The rate of discontinuation of patients who received 7-day escalations from 5 mg/day to 10 mg/day was higher at 13%. The most common adverse events leading to discontinuation, defined as those occurring in at least 2% of patients and at twice the incidence seen in placebo patients, are shown in Table 1.

**Table 1. Most Frequent Adverse Events Leading to Withdrawal from Controlled Clinical Trials by Dose Group**

| Dose Group | Placebo | 5 mg/day ARICEPT® | 10 mg/day ARICEPT® |
|---|---|---|---|
| **Patients Randomized** | 355 | 350 | 315 |
| **Event/%Discontinuing** | | | |
| Nausea | 1% | 1% | 3% |
| Diarrhea | 0% | <1% | 3% |
| Vomiting | <1% | <1% | 2% |

**Most Frequent Adverse Clinical Events Seen in Association with the Use of ARICEPT®** The most common adverse events, defined as those occurring at a frequency of at least 5% in patients receiving 10 mg/day and twice the placebo rate, are largely predicted by ARICEPT®'s cholinomimetic effects. These include nausea, diarrhea, insomnia, vomiting, muscle cramp, fatigue, and anorexia. These adverse events were often of mild intensity and transient, resolving during continued ARICEPT® treatment without the need for dose modification. There is evidence to suggest that the frequency of these common adverse events may be affected by the rate of titration. An open label study was conducted with 269 patients who received placebo in the 15- and 30-week studies. These patients were titrated to a dose of 10 mg/day over a 6-week period. The rates of common adverse events were lower than those seen in patients titrated to 10 mg/day over one week in the controlled clinical trials and were comparable to those seen in patients on 5 mg/day. See Table 2 for a comparison of the most common adverse events following one and six week titration regimens.

**Table 2. Comparison of Rates of Adverse Events in Patients Titrated to 10 mg/day Over 1 and 6 Weeks**

| Adverse Event | Placebo (n=315) | No titration 5 mg/day (n=311) | One-week titration 10 mg/day (n=315) | Six-week titration 10 mg/day (n=269) |
|---|---|---|---|---|
| Nausea | 6% | 5% | 19% | 6% |
| Diarrhea | 5% | 8% | 15% | 9% |
| Insomnia | 6% | 6% | 14% | 6% |
| Fatigue | 3% | 4% | 8% | 3% |
| Vomiting | 3% | 3% | 8% | 5% |
| Muscle cramps | 2% | 6% | 8% | 3% |
| Anorexia | 2% | 3% | 7% | 3% |

**Adverse Events Reported in Controlled Trials** The events cited reflect experience gained under closely monitored conditions ... trials in a highly selected patient population. In actual clinical practice or in other clinical trials, these frequency estimates may differ widely, as the conditions of use, reporting behavior, and the kinds of patients treated may differ. Table 3 lists treatment ... ...ns, and symptoms that were reported in at least 2% of patients in placebo-controlled trials who received ARICEPT® ... ...ed a higher rate of occurrence war greater for ARICEPT®-assigned than placebo-assigned patients. In general, adverse ... ...ted more frequently in female patients and with advancing age.

**Table 3. Adverse Events Reported in Controlled Clinical Trials in at Least 2% of Patients Receiving ARICEPT® (donepezil HCl) and at a Higher Frequency than Placebo-treated Patients**

| Body System/Adverse Event | Placebo (n=355) | ARICEPT® (n=747) |
|---|---|---|
| **Percent of Patients with any Adverse Event** | **72** | **74** |
| **Body as a Whole** | | |
| Headache | 9 | 10 |
| Pain, various locations | 8 | 9 |
| Accident | 6 | 7 |
| Fatigue | 3 | 5 |
| **Cardiovascular System** | | |
| Syncope | 1 | 2 |
| **Digestive System** | | |
| Nausea | 6 | 11 |
| Diarrhea | 5 | 10 |
| Vomiting | 3 | 5 |
| Anorexia | 2 | 4 |
| **Hemic and Lymphatic System** | | |
| Ecchymosis | 3 | 4 |
| **Metabolic and Nutritional Systems** | | |
| Weight Decrease | 1 | 3 |
| **Musculoskeletal System** | | |
| Muscle Cramps | 2 | 6 |
| Arthritis | 1 | 2 |
| **Nervous System** | | |
| Insomnia | 6 | 9 |
| Dizziness | 6 | 8 |
| Depression | <1 | 3 |
| Abnormal Dreams | 0 | 3 |
| Somnolence | <1 | 2 |
| **Urogenital System** | | |
| Frequent Urination | 1 | 2 |

**Other Adverse Events Observed During Clinical Trials** ARICEPT® has been administered to over 1700 individua... clinical trials worldwide. Approximately 1200 of these patients have been treated for at least 3 months and m... 1000 patients have been treated for at least 6 months. Controlled and uncontrolled trials in the United States ... approximately 900 patients. In regards to the highest dose of 10 mg/day, this population includes 650 patients treated for 3... 475 patients treated for 6 months and 116 patients treated for over 1 year. The range of patient exposure is fr... 1214 days. Treatment emergent signs and symptoms that occurred during 3 controlled clinical trials and two open-la... in the United States were recorded as adverse events by the clinical investigators using terminology of their own c... To provide an overall estimate of the proportion of individuals having similar types of events, the events were group... smaller number of standardized categories using a modified COSTART dictionary and event frequencies were calculate... all studies. These categories are used in the listing below. The frequencies represent the proportion of 900 patients tr... trials who experienced that event while receiving ARICEPT®. All adverse events occurring at least twice are inc...des... for those already listed in Tables 2 or 3. COSTART terms too general to be informative, or events less likely to be drug... Events are classified by body system and listed using the following definitions: *frequent adverse events*—those occ... at least 1/100 patients; *infrequent adverse events*—those occurring in 1/100 to 1/1000 patients. These adverse e... not necessarily related to ARICEPT® treatment and in most cases were observed at a similar frequency in placebo-treated... in the controlled studies. No important additional adverse events were seen in studies conducted outside the Unite... **Body as a Whole:** *Frequent*: influenza, chest pain, toothache; *Infrequent*: fever, edema, face, periorbital edema, ...hiatal, abscess, cellulitis, chills, generalized coldness, head fullness, listlessness. **Cardiovascular System:** *F*... hypertension, vasodilation, atrial fibrillation, hot flashes, hypotension; *Infrequent*: angina pectoris, postural hypotension, m... infarction, AV block (first degree), congestive heart failure, arteritis, bradycardia, peripheral vascular disease, supraven... tachycardia, deep vein thrombosis. **Digestive System:** *Frequent*: fecal incontinence, gastrointestinal bleeding, bloating, ... pain; *Infrequent*: eructation, gingivitis, increased appetite, flatulence, periodontal abscess, cholelithiasis, diverticulitis, drooling, di... fever, sore, gastritis, irritable colon, tongue edema, epigastric distress, gastroenteritis, increased transaminases, hemorrhoids, ileus, ... thirst, jaundice, melena, polydipsia, duodenal ulcer, stomach ulcer. **Endocrine System:** *Infrequent*: diabetes mellitus, gu... **and Lymphatic System:** *Infrequent*: anemia, thrombocythemia, thrombocytopenia, eosinophilia, erythrocytopenia. **Metab... Nutritional Disorders:** *Frequent*: dehydration; *Infrequent*: gout, hypokalemia, increased creatine kinase, hyperglycemia, weight ... increased lactate dehydrogenase. **Musculoskeletal System:** *Frequent*: bone fracture; *Infrequent*: muscle weakness, ... fasciculation. **Nervous System:** *Frequent*: delusions, tremor, irritability, paresthesia, aggression, vertigo, ataxia, increase... restlessness, abnormal crying, nervousness, aphasia, *Infrequent*: cerebrovascular accident, intracranial hemorrhage, ... ischemic attack, emotional lability, neuralgia, coldness (localized), muscle spasm, dysphoria, gait abnormality, hy... hypokinesia, neurodermatitis, numbness (localized), paranoia, dysarthria, dysphasia, hostility, decreased libido, meta... emotional withdrawal, nystagmus, pacing. **Respiratory System:** *Frequent*: dyspnea, sore throat, bronchitis; *Infrequent*: ... post nasal drip, pneumonia, hyperventilation, pulmonary congestion, wheezing, hypoxia, pharyngitis, pleurisy, pulmonary ... sleep apnea, snoring. **Skin and Appendages:** *Frequent*: pruritus, diaphoresis, urticaria; *Infrequent*: dermatitis, erythe... discoloration, hyperkeratosis, alopecia, fungal dermatitis, herpes zoster, hirsutism, skin striae, night sweats, skin ulcer. **Senses:** *Frequent*: cataract, eye irritation, vision blurred; *Infrequent*: dry eyes, glaucoma, earache, tinnitus, bla... decreased hearing, retinal hemorrhage, otitis externa, otitis media, bad taste, conjunctival hemorrhage, ear buzzing, mot...on s... spots before eyes. **Urogenital System:** *Frequent*: urinary incontinence, nocturia; *Infrequent*: dysuria, hematuria, urinary ... metrorrhagia, cystitis, enuresis, prostate hypertrophy, pyelonephritis, inability to empty bladder, breast fibroadenosis, fi... breast, mastitis, pyuria, renal failure, vaginitis. **Postintroduction Reports** Voluntary reports of adverse events te... associated with ARICEPT® that have been received since market introduction that are not listed above, and that there is no... data to determine the causal relationship with the drug include the following: abdominal pain, agitation, chole... confusion, convulsions, hallucinations, heart block (all types), hemolytic anemia, hepatitis, hyponatremia, pancreat... rash. **OVERDOSAGE Because strategies for the management of overdose are continually evolvin... advisable to contact a Poison Control Center to determine the latest recommendations for the mana... of an overdose of any drug.** As in any case of overdose, general supportive measures should be utilized. Overdos... cholinesterase inhibitors can result in cholinergic crisis characterized by severe nausea, vomiting, salivation, sweating, brad... hypotension, respiratory depression, collapse, and convulsions. Increasing muscle weakness is a possibility and may result ... if respiratory muscles are involved. Tertiary anticholinergics, such as atropine, may be used as an antidote for A... overdosage. Intravenous atropine sulfate titrated to effect is recommended: an initial dose of 1.0 to 2.0 mg IV with subs... doses based upon clinical response. Atypical responses in blood pressure and heart rate have been reported w... cholinomimetics when co-administered with quaternary anticholinergics such as glycopyrrolate. It is not known whether A... and/or its metabolites can be removed by dialysis (hemodialysis, peritoneal dialysis, or hemoperfusion). Dose-relat... of toxicity in animals included reduced spontaneous movement, prone position, staggering gait, lacrimation, clonic, ... depressed respiration, salivation, miosis, tremors, fasciculation and lower body surface temperature. **DOSAG... ADMINISTRATION** The dosages of ARICEPT® shown to be effective in controlled clinical trials are 5 mg and ... administered once per day. The higher dose of 10 mg did not provide a statistically significantly greater clinical ben... 5 mg. There is a suggestion, however, based upon order of group mean scores and dose trend analyses of data fro... clinical trials, that a daily dose of 10 mg of ARICEPT® might provide additional benefit for some patients. Acc... whether or not to employ a dose of 10 mg is a matter of prescriber and patient preference. Evidence from the controll... indicates that the 10 mg dose, with a one week titration, is likely to be associated with a higher incidence of cholinergic ... events than the 5 mg dose. In open label trials using a 6 week titration, the frequency of these same adverse events was ... between the 5 mg and 10 mg dose groups. Therefore, because steady states are not achieved for 15 days and because the ri... of untoward effects may be influenced by the rate of dose escalation, treatment with a dose of 10 mg should not be consi... until patients have been on a daily dose of 5 mg for 4 to 6 weeks. ARICEPT® should be taken in the evening, just prior to ... and may be taken with or without food.

Revised Decem...

Eisai Inc.
Teaneck, NJ 07666

Pfizer U.S. Pharmaceuticals
New York, NY 10017

...7/1RD

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Novemb...


"I'd like one of each, please."
We began making pretzels in our family bakery back in 1909 with just one recipe. Today, we've crafted more than 25 varieties of bakery pretzels. So, we understand it might be hard to choose. Our suggestion, try them all!
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SNYDER'S
OF HANOVER




by Jim Williams

# Rubbings

No need to rub a magic lamp if you're wishing for interesting decorative accents for your home. You can make your own by transferring patterns from almost any object, as long as it has an embossed texture. Simply place the object under paper and rub with a crayon or an artist's oil pastel—poof!—a pattern appears. Once you've caught the rub bug, you'll see texture and possibilities in all sorts of things. Take this farmhouse heating grate (*above*), for instance. After a few passes with a single dark-color artist's charcoal, you'll produce a pattern worthy of framing. Who needs a genie?

continued on page 38



**Allergy Season?**



**Allegra Season!**

asonal allergies can make you feel miserable. Only once-daily Allegra 180 mg tablets have fexofenadine for ; lasting, non-drowsy allergy relief, so you can feel more like yourself again. For people 12 and older. Side cts with Allegra 180mg are low and may include headache, upper respiratory tract infection and back ı. Please see additional important information on the next page. 1-800-ALLEGRA www.allegra.com your doctor or pharmacist now for more information.

**Enjoy your world™**



## ALLEGRA
(fexofenadine hydrochloride)
Capsules and Tablets

**INDICATIONS AND USAGE**
**Seasonal Allergic Rhinitis**
ALLEGRA is indicated for the relief of symptoms associated with seasonal allergic rhinitis in adults and children 6 years of age and older. Symptoms treated effectively were sneezing, rhinorrhea, itchy nose/palate/throat, itchy watery red eyes.

**Chronic Idiopathic Urticaria**
ALLEGRA is indicated for treatment of uncomplicated skin manifestations of chronic idiopathic urticaria in adults and children 6 years of age and older. It significantly reduces pruritus and the number of wheals.

**CONTRAINDICATIONS**
ALLEGRA is contraindicated in patients with known hypersensitivity to any of its ingredients.

**PRECAUTIONS**
**Drug Interaction with Erythromycin and Ketoconazole**
Fexofenadine hydrochloride has been shown to exhibit minimal (ca 5%) metabolism. However, co-administration of fexofenadine hydrochloride with ketoconazole and erythromycin led to increased plasma levels of fexofenadine hydrochloride. Fexofenadine hydrochloride had no effect on the pharmacokinetics of erythromycin and ketoconazole. In two separate studies, fexofenadine hydrochloride 120 mg twice daily (two times the recommended twice daily dose) was co-administered with erythromycin 500 mg every 8 hours or ketoconazole 400 mg once daily under steady-state conditions to normal, healthy volunteers (n=24, each study). No differences in adverse events or QT$_c$ interval were observed when patients were administered fexofenadine hydrochloride alone or in combination with erythromycin or ketoconazole. The findings of these studies are summarized in the following table.

**Effects on steady-state fexofenadine hydrochloride pharmacokinetics after 7 days of co-administration with fexofenadine hydrochloride 120 mg every 12 hours (two times the recommended twice daily dose) in normal volunteers (n=24)**

| *Concomitant Drug* | *$C_{max}$ ss (Peak plasma concentration)* | *$AUC_{ss}$ 0-12h (Extent of systemic exposure)* |
|---|---|---|
| Erythromycin (500 mg every 8 hrs) | +82% | +109% |
| Ketoconazole (400 mg once daily) | +135% | +164% |

The changes in plasma levels were within the range of plasma levels achieved in adequate and well-controlled clinical trials.
The mechanism of these interactions has been evaluated *in vitro* *in situ* and *in vivo* animal models. These studies indicate that ketoconazole or erythromycin co-administration enhances fexofenadine gastrointestinal absorption. *In vivo* animal studies also suggest that in addition to increasing absorption, ketoconazole decreases fexofenadine hydrochloride gastrointestinal secretion while erythromycin may also decrease biliary excretion.

**Drug Interactions with Antacids**
Administration of 120 mg of fexofenadine hydrochloride (2 x 60 mg capsule) within 15 minutes of an aluminum and magnesium containing antacid (Maalox®) decreased fexofenadine AUC by 41% and $C_{max}$ by 43%. ALLEGRA should not be taken closely in time with aluminum and magnesium containing antacids.

**Carcinogenesis, Mutagenesis, Impairment of Fertility**
The carcinogenic potential and reproductive toxicity of fexofenadine hydrochloride were assessed using terfenadine studies with adequate fexofenadine hydrochloride exposure (based on plasma area-under-the-concentration vs. time [AUC] values). No evidence of carcinogenicity was observed in an 18-month study in mice and in a 24-month study in rats at oral doses up to 150 mg/kg of terfenadine (which led to fexofenadine exposures that were respectively approximately 3 and 5 times the exposure from the maximum recommended daily oral dose of fexofenadine hydrochloride in adults and children).
*In vitro* (Bacterial Reverse Mutation, CHO/HGPRT Forward Mutation and Rat Lymphocyte Chromosomal Aberration assays) and *in vivo* (Mouse Bone Marrow Micronucleus assay) tests of fexofenadine hydrochloride revealed no evidence of mutagenicity.
In rat fertility studies dose-related reductions in implants and increases in postimplantation losses were observed at an oral dose of 150 mg/kg of terfenadine (which led to fexofenadine hydrochloride exposures that were approximately 3 times the exposure of the maximum recommended daily oral dose of fexofenadine hydrochloride in adults).

**Pregnancy**
**Teratogenic Effects: Category C.** There was no evidence of teratogenicity in rats or rabbits at oral doses of terfenadine up to 300 mg/kg (which led to fexofenadine exposures that were approximately 4 and 31 times, respectively, the exposure from the maximum recommended daily oral dose of fexofenadine in adults). There are no adequate and well controlled studies in pregnant women. Fexofenadine should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.
**Nonteratogenic Effects.** Dose-related decreases in pup weight gain and survival were observed in rats exposed to an oral dose of 150 mg/kg of terfenadine (approximately 3 times the maximum recommended daily oral dose of fexofenadine hydrochloride in adults based on comparison of fexofenadine hydrochloride AUCs).

**Nursing Mothers**
There are no adequate and well-controlled studies in women during lactation. Because many drugs are excreted in human milk, caution should be exercised when fexofenadine hydrochloride is administered to a nursing woman.

**Pediatric Use**
The recommended dose in patients 6 to 11 years of age is based on cross-study comparison of the pharmacokinetics of ALLEGRA in adults and pediatric patients and on the safety profile of fexofenadine hydrochloride in both adult and pediatric patients at doses equal to or higher than the recommended doses.
The safety of ALLEGRA tablets at a dose of 30 mg twice daily has been demonstrated in 438 pediatric patients 6 to 11 years of age in two placebo-controlled 2-week seasonal allergic rhinitis trials. The safety of ALLEGRA for the treatment of chronic idiopathic urticaria in patients 6 to 11 years of age is based on cross-study comparison of the pharmacokinetics of ALLEGRA in adult and pediatric patients and on the safety profile of fexofenadine in both adult and pediatric patients at doses equal to or higher than the recommended dose.
The effectiveness of ALLEGRA for the treatment of seasonal allergic rhinitis in patients 6 to 11 years of age was demonstrated in one trial (n=411) in which ALLEGRA tablets 30 mg twice daily significantly reduced total symptom scores compared to placebo along with extrapolation of demonstrated efficacy in patients ages 12 years and above and the pharmacokinetic comparisons in adults and children. The effectiveness of ALLEGRA for the treatment of chronic idiopathic urticaria in patients 6 to 11 years of age is based on extrapolation of the demonstrated efficacy of ALLEGRA in adults, the indication and the likelihood that the disease course pathophysiology and therapeutic effect are substantially similar in children to that in adult patients.
The safety and effectiveness of ALLEGRA in pediatric patients under the age of 6 years have not been established.

**Geriatric Use**
Clinical studies of ALLEGRA tablets and capsules did not include sufficient numbers of subjects aged 65 years and over to determine whether elderly population responds differently from younger patients. Other reported clinical experience has not identified differences in responses between the elderly and younger patients. This drug is known to be substantially excreted by the kidney, and the risk of toxic reactions to this drug may be greater in patients with impaired renal function. Because elderly patients are more likely to have decreased renal function, care should be taken in dose selection, and it may be useful to monitor renal function. (See CLINICAL PHARMACOLOGY.)

**Seasonal Allergic Rhinitis**
**Adults.** In placebo-controlled trials in patients 12 years and older receiving fexofenadine hydrochloride tablets at doses of 30 mg, 60 mg, 120 mg, 240 mg twice daily, and 240 mg once daily, adverse events were similar to those reported by patients receiving placebo. Dizziness was the only adverse event that was reported by greater than 2% of patients treated with fexofenadine hydrochloride and more frequently than placebo. The recommended dose of ALLEGRA is one 60 mg capsule twice daily or one 180 mg capsule once daily.
In a placebo-controlled trial in patients 12 years and older which included 578 patients treated with fexofenadine hydrochloride 60 mg twice daily, 570 patients treated with fexofenadine hydrochloride 120 mg twice daily, and 283 patients treated with placebo, the incidence of adverse events that were reported by greater than 2% of patients treated with fexofenadine hydrochloride and that were more common than placebo were: headache (fexofenadine hydrochloride 60 mg twice daily 3.5%, fexofenadine hydrochloride 120 mg twice daily 3.9%, placebo 3.5%), drowsiness (fexofenadine hydrochloride 60 mg twice daily 2.3%, fexofenadine hydrochloride 120 mg twice daily 2.6%, placebo 1.4%), and dizziness (fexofenadine hydrochloride 60 mg twice daily 2.1%, fexofenadine hydrochloride 120 mg twice daily 2.3%, placebo 1.4%). The incidence of adverse events was not dose-related within the dose range studied, and was not defined by age, gender or race.

Table 1
**Adverse experiences in placebo-controlled trials in patients 12 years and older reported by greater than 2% of patients with seasonal allergic rhinitis treated with fexofenadine hydrochloride tablets in the United States**
**Twice daily dosing with fexofenadine capsules at rates of greater than 1%**

| *Adverse Experience* | *Fexofenadine 60 mg Twice Daily (n=679)* | *Placebo Twice Daily (n=671)* |
|---|---|---|
| Viral Infection | 2.5% | 1.5% |
| Nausea | 1.6% | 1.5% |
| Dysmenorrhea | 1.5% | 0.3% |
| Drowsiness | 1.3% | 0.9% |
| Dyspepsia | 1.3% | 0.6% |
| Fatigue | 1.3% | 0.9% |

**Once daily dosing with fexofenadine hydrochloride tablets at rates of greater than 2%**

| *Adverse experience* | *Fexofenadine 180 mg once daily (n=283)* | *Placebo (n=293)* |
|---|---|---|
| Headache | 10.6% | 7.5% |
| Upper Respiratory Tract Infection | 3.2% | 3.1% |
| Back Pain | 2.8% | 1.4% |

The frequency and magnitude of laboratory abnormalities were similar in fexofenadine hydrochloride and placebo-treated patients.
**Pediatric.** Table 2 lists adverse experiences in patients aged 6 to 11 years of age which were reported by greater than 2% of patients treated with fexofenadine hydrochloride tablets at a dose of 30 mg twice daily in placebo-controlled seasonal allergic rhinitis studies in the United States and Canada that were more common with fexofenadine hydrochloride than placebo.

**Table 2**
**Adverse experiences reported in placebo-controlled seasonal allergic rhinitis studies in pediatric patients ages 6 to 11 in the United States and Canada at rates of greater than 2%**

| *Adverse experience* | *Fexofenadine 30 mg twice daily (n=209)* | *Placebo (n=229)* |
|---|---|---|
| Headache | 7.2% | 6.6% |
| Accidental Injury | 2.9% | 1.3% |
| Coughing | 3.8% | 1.3% |
| Fever | 2.4% | 0.9% |
| Pain | 2.4% | 0.4% |
| Otitis Media | 2.4% | 0.0% |
| Upper Respiratory Tract Infection | 4.3% | 1.7% |

**Chronic Idiopathic Urticaria**
Adverse events reported by patients 12 years of age and older in placebo-controlled chronic idiopathic urticaria studies were similar to those reported in placebo-controlled seasonal allergic rhinitis studies. In placebo-controlled chronic idiopathic urticaria clinical trials, which included 726 patients 12 years of age and older receiving fexofenadine hydrochloride tablets at doses of 20 to 240 mg twice daily, adverse events were similar in fexofenadine hydrochloride and placebo-treated patients. Table 3 lists adverse experiences in patients aged 12 years and older which were reported by greater than 2% of patients treated with fexofenadine hydrochloride 60 mg tablets twice daily in controlled clinical studies in the United States and Canada and that were more common with fexofenadine hydrochloride than placebo. The safety of fexofenadine hydrochloride in the treatment of chronic idiopathic urticaria in pediatric patients 6 to 11 years of age is based on the safety profile of fexofenadine hydrochloride in adults and adolescent patients at doses equal to or higher than the recommended dose (see Pediatric Use).

**Table 3**
**Adverse experiences reported in patients 12 years and older in placebo-controlled chronic idiopathic urticaria studies in the United States and Canada at rates of greater than 2%**

| *Adverse experience* | *Fexofenadine 60 mg twice daily (n=186)* | *Placebo (n=178)* |
|---|---|---|
| Back Pain | 2.2% | 1.1% |
| Sinusitis | 2.2% | 1.1% |
| Dizziness | 2.2% | 0.6% |
| Drowsiness | 2.2% | 0.0% |

Events that have been reported during controlled clinical trials involving seasonal allergic rhinitis and chronic idiopathic urticaria patients with incidences less than 1% and similar to placebo and have been rarely reported during postmarketing surveillance include: insomnia, nervousness, and sleep disorders or paronirea. In rare cases, rash, urticaria, pruritus and hypersensitivity reactions with manifestations such as angioedema, chest tightness, dyspnea, flushing and systemic anaphylaxis have been reported.

**OVERDOSAGE**
Reports of fexofenadine hydrochloride overdose have been infrequent and contain limited information. However, dizziness, drowsiness, and dry mouth have been reported. Single doses of fexofenadine hydrochloride up to 800 mg (six normal volunteers at this dose level) and doses up to 690 mg twice daily for 1 month (three normal volunteers at this dose level) or 240 mg once daily for 1 year (234 normal volunteers at this dose level) were administered without the development of clinically significant adverse events as compared to placebo.
In the event of overdose, consider standard measures to remove any unabsorbed drug. Symptomatic and supportive treatment is recommended.
Hemodialysis did not effectively remove fexofenadine hydrochloride from blood (7.7% removed) following terfenadine administration.
No deaths occurred at oral doses of fexofenadine hydrochloride up to 5000 mg/kg in mice (110 times the maximum recommended daily oral dose in adults and 200 times the maximum recommended daily oral dose in children based on mg/m$^2$) and up to 5000 mg/kg in rats (230 times the maximum recommended daily oral dose in adults and 400 times the maximum recommended daily oral dose in children based on mg/m$^2$). Additionally, no clinical signs of toxicity or gross pathological findings were observed. In dogs, no evidence of toxicity was observed at oral doses up to 2000 mg/kg (300 times the maximum recommended daily oral dose in adults and 530 times the maximum recommended daily oral dose in children based on mg/m$^2$).

Prescribing Information as of November 2000

Aventis Pharmaceuticals Inc.
Kansas City, MO 64137 USA
US Patents 4,254,129; 5,375,693; 5,578,610
www.allegra.com 20118607/4022S0
allb1100Aa

# Rubbings continued from page 36

# Utensils



For simply elegant appeal, rub vintage flatware. Showcase your finished designs in silver frames.

Choose your rubbing medium and your framing materials according to your subject. These flatware rubbings were made with a gray oil pastel that artists use (called a cray-pas) on tracing paper backed with gray construction paper. They are set in matte-silver frames whose finishes echo those on the real knives and spoons.

When you rub the curved surfaces of the utensils, you need to take extra care to keep the paper from moving. Try some sticky clay to hold the utensil to the table surface, then tape the paper to the table at the corners. Begin with the bowl of the spoon or the blade of the knife, and work your way up the handle. Don't be discouraged by stray marks or wrinkled paper—this is rubbing, not drafting. Small imperfections add character to the finished product.

continued on page 40

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t happens when I start to yawn?
I put my Barbie PJ's on.

Barbie
Style

It's the Quaker Oatmeal you thought you knew.
warms you *heart* and soul™
QUAKER OATMEAL
HONEY NUT

## Rubbings

continued from page 38

# Signage

Turn an antique license plate into a bold graphic image by covering it in brown paper and swiping it with a black crayon.









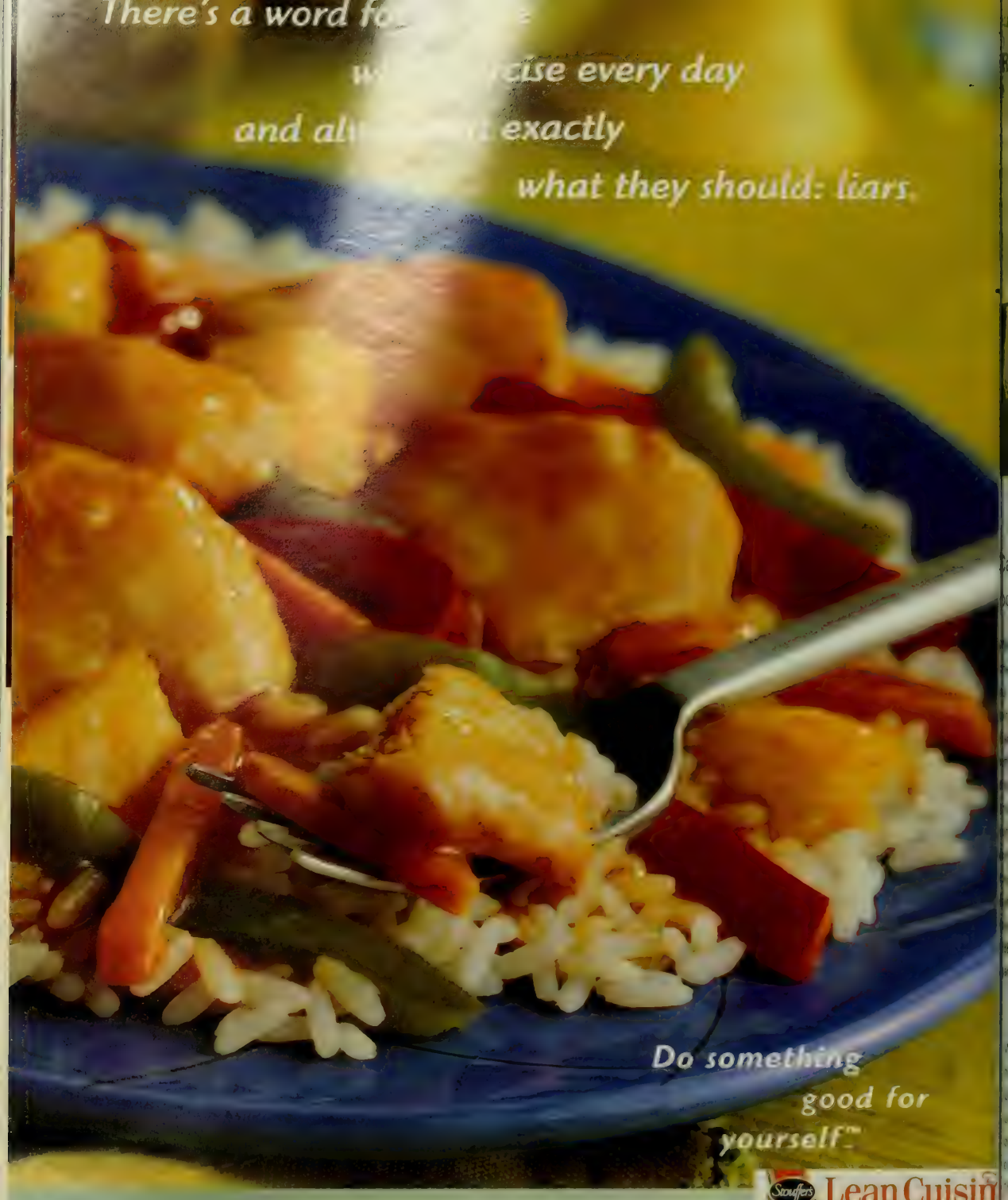
. Half the fun is in the materials you oose, so feel free to experiment. You n achieve different effects by chang- g papers—use anything from rchment to a plain brown paper bag. r the rubbing medium, try wax, etallic crayon wedges, soft-lead or lored pencils, charcoal, chalk, or pas- s (you'll need a spray fixative for ese last three because they smudge sily). All materials are available at afts and art supply stores.

. When you cut your paper, leave nerous margins; if necessary, you n wrap the extra paper around an ld-shape object and tape it in place r stability. Rub across the design with e flat side of your crayon or other edia, starting with the outside edges d moving inward. You'll get the best sults by choosing an object with sim- e lines and a medium amount of nbossed texture. Too much pattern n yield a messy design, and too little n look plain.

. Choose matting and framing mate- ils that are complementary to the bject of the rubbing. For this ense plate, we chose a dark brown ood frame. A mat of natural linen eedlepoint canvas lends softness and stalgia to such a no-nonsense image. reate a themed display around the ece by including other items that ve an old-fashioned look, such as a ock or toy truck.

continued on page 43






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Stouffer's Lean Cuisine
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# Book covers

apture the artistic designs of old leather and cloth-ound book covers by making intricate literary rubbings.

hen it comes to hardcover books, ey just don't make 'em like they used . In the late 1800s and early 1900s, tists were employed by book pub-ishers to beautify book covers and, ten, the pages between them. At that ne, all books were made by hand, so e attention to detail and original tistry made each cover unique. The tists' stamps and embossing tools eated raised pattern—and natural ubjects for rubbing. Look for such ooks, published generally between 390 and 1910, at used bookstores, arage sales, or antiques stores.

A rubbing of a volume of poetry on an ordinary brown paper bag can be brightened with the Midas touch of a gold metallic cray-pas. A gold mat and a vintage frame rubbed with gold paint recall the gilt edges of old tomes.

To give the frame character, dab a clean, soft cloth in paint (or shoot a spot of spray paint onto the cloth) and move it back and forth over the frame as if you were sanding it. You might want to experiment first on a piece of scrap wood. Allow the gold paint to catch in the crevices of the frame, and let it dry.

## A BRUSH WITH HISTORY

When you pick up paper and a rubbing medium, you're rubbing elbows with hundreds of thousands of people the world over, some of them famous. A young Lawrence of Arabia, for example, rubbed the "brasses," or memorial plaques, of churches. Preserving historic engravings has been a favorite activity from the distant past to present. Rubbing is believed to have originated with the Chinese circa 300 B.C., about when they invented paper. In the 18th century, people took "blackings" of church brasses—accomplished by flattening damp paper against the original engravings, which they first slathered with printer's ink. Today, Westminster Abbey offers facsimile engravings for rubbing so the real things don't get rubbed out. Currently, gravestone rubbing is a popular way to add to genealogical collections. The common thread among all rubbings is the desire to participate personally in the preservation of something, whether Elizabethan culture, vintage signage, or a lovely aged book cover.



Introducing four great-tasting NEW varieties.



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Teriyaki Chicken

Sweet and Sour Chicken





Roasted Garlic Chicken

Do something good for yourself.™




ever handled a high-performan
at 72mph and was euro-engineer


achine that spins through turns
o clean your underwear?
Kenmore
ELITE
There's never been anything like it. The HE3t is sleek, sophisticated, with a dramatic concave glass window overlooking its gleaming stainless interior. Quite appropriately, it sits upon a pedestal, allowing you to stand right up and unload the cleanest clothes in America.* Yes, little lace lovelies and big, bulky comforters all emerge exquisite. No, not an iota of water is wasted. The HE3t uses only 15.8 gallons of water per load vs. 42.4 used by traditional washers.** Its 1200rpm/72mph spin cycle also means clothes spend less time in the dryer. So, it's no wonder it wears the EPA's Energy Star®. The Kenmore Elite® HE3t. It takes doing laundry in a whole new direction. Need to know more? Call 1-888-KENMORE or click kenmore.com.
SEARS
2002

# House Keepers

Simpler is definitely better when it comes to household tasks. So try these sneaky cleaning tips. You'll find even more homemaking help where these came from—in a new *BH&G*® book called *Making a Home*. It's full of the kind of stuff your mother should have told you about…but might not have.






## give a little squeeze

For a fresh scent when you clean with vinegar, add a few drops of an essential oil, such as lemon, lavender, pine, or mint, to your vinegar and water solution. Purchase oils at a health food or crafts store.



## avoid blind spots

To clean metal or vinyl blinds, pull on a pair of rubber gloves, then top them with cotton gloves. Mix 1 teaspoon of [illegible] to 1 quart of water. Dip into the solution. Run your fingers along the top and your thumb underneath each slat.



## wax on, wax off

To remove wax from most new candlesticks—but not antique copper or brass ones—gently warm the holder with a hair dryer. Don't overheat. Or place candleholders upside down on a baking sheet and heat in the oven on the lowest setting until wax just melts. Then wipe away wax.

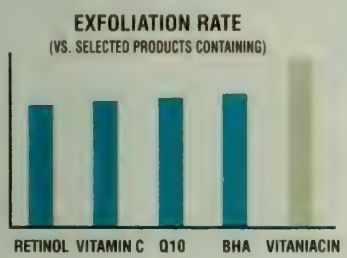
continued on page 48

# THE ANTI-AGING INGREDIENT THAT DEPARTMENT STORES DON'T WANT YOU TO KNOW ABOUT

## VitaNiacin.
## Found only in Olay Total Effects.

After five years of global research, the scientists at Olay have developed Total Effects Visible Anti-Aging Vitamin Complex, the first and only anti-aging facial moisturizer with VitaNiacin, to fight seven signs of aging and enhance skin's beauty while promoting its health.

VitaNiacin is a specific moisturizing vitamin complex of Vitamin E, Provitamin B5 and Niacinamide (Vitamin B3), combined to exfoliate more effectively to promote skin beauty.




Additionally, Total Effects with VitaNiacin promotes skin's health by improving its moisture barrier. And that's critical. Because as your skin ages, it exfoliates less quickly, and loses moisture faster and more easily.

***In an international study, women rated Total Effects higher overall than several leading anti-aging products sold in department stores, food, drug and mass merchandisers.***

What's more, a team of leading dermatologists has confirmed that Total Effects with VitaNiacin fights seven signs of aging while still being gentle to the skin. The result: beautiful, younger-looking skin all over.

VitaNiacin is now also available in products for your hands and body.

| FIGHT THE SEVEN SIGNS OF AGING, BEAUTIFULLY. | | |
|---|---|---|
| FACE | HANDS | BODY |



THE OLAY
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GIVE-AWAY

Get away from dry, winter skin.
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FOR TWO TO THE FRENCH RIVIERA.
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(100 runners-up get sumptuous Olay
bathrobes.)

...WEEPSTAKES.
...com for full rules and
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...18 and older
...ends 1/7/02.

...ge 46



## a lot to absorb

To maximize the absorbency of your towels, add a cup of white vinegar to the rinse water once a month when washing a load. When the cycle is complete, dry as usual. The vinegar removes excess detergent that can decrease absorbency.



## ace in the hole

Buff off a scuff mark from a vinyl floor with a tennis ball attached to a broom handle. Cut an X in the tennis ball and slide the broom handle into the hole. The texture of the ball removes the surface marks.

## magic carpet tips

After testing for colorfastness in a hidden spot, try these cures for common carpet stains:

*Wine and juice: Spritz with club soda. Blot. Repeat until gone.

*Grease and oil: Sprinkle with baking soda; let sit for at least six hours. Vacuum; apply spot cleaner. Rinse; blot or wet-vac dry.

*Blood: Treat immediately with cold water or club soda, blot with a clean cloth. Repeat until gone.

*Dirt: Allow dirt to dry before treating. Scrape off as much as possible; vacuum. Apply this all-purpose spot cleaner: Stir 1 teaspoon liquid dish detergent into a quart of warm water. Add ¼ teaspoon of vinegar. Spray some solution on the stain and let it sit for 10 minutes; blot.



## freshen up finds

If vintage furniture or cabinets have a lingering smell, air outside on a warm, dry day. Shade from direct sunlight. Pour talcum powder or baking soda over the surface to absorb odors. For more freshening, place a shallow pan of charcoal briquettes inside drawers.

continued on page 50


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No film, no residue.
Just soft, smooth skin.
Olay Complete Body Wash
is the ideal combination:
soap-free cleansers and
aerated moisture that
rinses clean.
You'll love how nothing comes
between your skin and your
world but the lightly moisturized
feeling of clean.
complete body wash
OLAY
complete
moisturizing body wash
OLAY
love the skin you're in™

## better things

continued from page 48



## just ask herb

**Place pots of fresh basil or pennyroyal to grow on windowsills or kitchen counters. Hang sprigs from doorways and porches to repel flies and mosquitoes.**



## wood wipedown

**Revive grimy wood furniture with a mixture of equal parts olive oil, denatured alcohol, gum turpentine, and strained lemon juice. Apply with a soft cloth and buff with a clean cloth. Another method: Rub on mechanic's hand cream; then follow with buffing.**

## face your faucet

**To remove hard water stains from faucets: Fill a plastic bag with white vinegar. Fasten so nozzle dips into bag; seal with a twist tie. Leave overnight; rinse.**



*U.S. Farm-Raised Catfish. Enough*

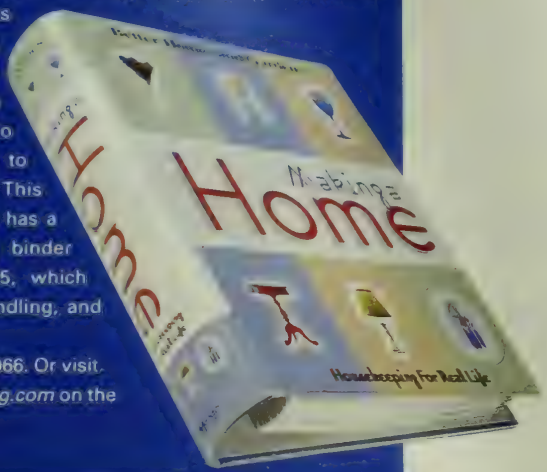
*to turn your taste buds red, white and blue.*



## More ideas wait inside our new book

***Making a Home: Housekeeping For Real Life*** features more than 1,000 indexed tips for time-crunched consumers who spend more hours at work and have less time for home management. Up-to-date, reliable information was collected from universities, trade associations, federal agencies, and experts on everything from pets to home office equipment to environmental safety. This 384-page hardcover book has a convenient lay-flat ring binder format and costs $37.95, which includes all shipping, handling, and applicable sales tax.

TO ORDER, call 800/881-4066. Or visit our site at *www.bhgcatalog.com* on the Internet to order.





## get serious

**Try these solutions to tough kitchen problems:**

***If you can't rid your fridge of smells, empty the contents, then pack the shelves with crumpled newspaper leaving enough room for a large bowl of water. Close the door and let run overnight. Keep a box of baking soda in the fridge and freezer to absorb odors.**

***Apply a coat of automobile paste wax to an appliance's exterior to help protect it from dirt and, in humid climates, moisture and rust.**

***Instead of scrubbing a burned pan, immerse it in a larger water-filled pot. Add 1 tablespoon of baking soda and boil for several minutes. Allow the pan to cool, then wash.**







*Could it really be true that even the tiniest morsel of Catfish can spark patriotism? You bet your Uncle Sam it can. Assuming, of course, it's genuine U.S. Farm-Raised Catfish. Unlike some other imported fish that go flapping around in Third World rivers and nibbling on who knows what, our Catfish is raised in pure, fresh waters and fed a gourmet diet of natural grains and proteins. Making a dish, be it grilled, blackened, baked or fried, so special one bite will have you seeing stars. And stripes. Be sure you always look for the genuine U.S. Farm-Raised Catfish seal wherever you buy Catfish. (It looks like that oval-shaped thing a few sentences back). And for eight quick and easy recipes, visit us at www.catfishrecipes.com or call 1.800.877.4321.*

U.S. FARM-RAISED Catfish

ACCEPT NO SUBSTITUTES. LOOK FOR THE SEAL.

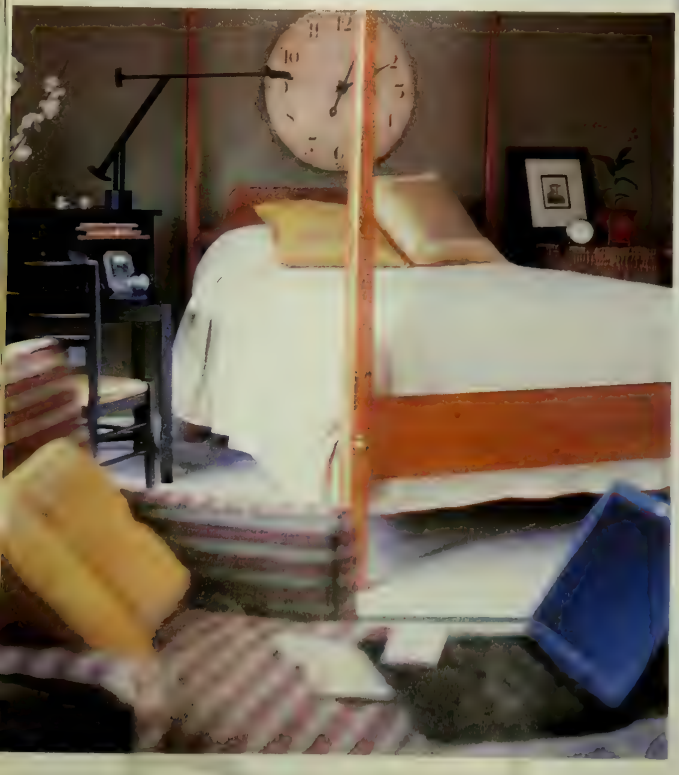


FREE CATFISH RECIPE BOOKLET

by Gina Harr

# 1 bedroom 2 ways





Master suites seem to come in two sizes these days: large and larger. But even if your bedroom isn't big enough to accommodate a pasture full of sheep, you probably count on it for more than just sleeping. Whether your ideal is a function-filled space designed to reenergize both body and mind or a romantic retreat that pampers the soul, these ideas will help you achieve the bedroom of your dreams.

continued on page 54

# lordy, *lordy*



your best friend's turning 39 (again). Last year

when she turned 39 you never would have dreamed of making her a cake.

But Betty Crocker® ***Whipped Frosting*** has changed everything.



At last, frosting so light it

***won't tear your cake.***

There's no other frosting so ***easy to spread.***

So your cake will be as beautiful

as the smile on the birthday girl's face.






Betty Crocker®

...what a great *idea.*™




## 1 bedroom 2 ways

continued from page 52

Do you leap out of bed the moment the alarm rings? Is your nightstand stacked with books on time-management strategies? For a master suite that works as hard as you do, stick with clean-lined furniture, easy-care fabrics, and a minimum of fluff. Here, a four-poster bed defines the sleeping quarters in a high-ceilinged room that also houses a gym and a home office. A trim writing desk doubles as a nightstand. Touches of black and warm, earthy walls painted paper-bag brown ground the soaring spaces, while gold silk pillows provide an invigorating punch. Upholstered in crisp menswear plaid, the comfy chaise is even dressed for success.

FURNITURE Classic pieces, such as Shaker and Colonial, mix with contemporary upholstery. COLOR Warm neutrals, accents of black, splashes of spice. PATTERN Minimal, menswear-inspired. TEXTURE Nubby raw silk, bumpy matelassé, woven sisal. FUNCTION Working out, working in.

continued on page 56

MONDAY: *Conference Call*

TUESDAY: *Status Meeting*

WEDNESDAY: *Presentation*

THURSDAY: *Retirement Party*

FRIDAY: *Permanent Vacation*



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# 1 bedroom 2 ways

continued from page 54

**Body in details**

1. A grasscloth-covered folding screen partially conceals the bedroom's treadmill. Make the screen from particleboard and piano hinges. Wall-mounted baskets stash towels, magazines, and a water bottle.

2. Subtle textures stifle boredom in a neutral scheme by appealing to both sight and touch. The slightly quilted look of a matelassé spread is achieved in the weaving process.

3. For an invigorating soak, add lemon juice, sea salts, or rosemary to bathwater.

4. To create a greenhouse effect in the bath, surround the tub with potted orchids, which thrive in warm, moist air. Instead of botanical prints, hang the real thing: a palm frond pressed between two sheets of acrylic plastic.

continued on page 58

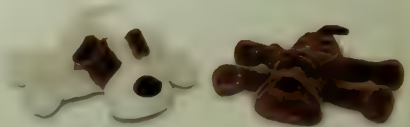
A great way to get out of the doghouse.



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## 1 bedroom 2 ways

continued from page 56

Breakfast in bed is more your style. In fact, if you had your way, you'd practically *live* between 300-thread-count sheets. To create a serene and nurturing nest, start with a heavenly wall color of cerulean blue. Layer on lushness with garden floral bed linens, sueded silk sheets, and ticking-stripe curtains with wispy, scarflike valances. The effect is like lying under a summer sky watching just-washed sheets flutter in the breeze. Furniture with soft, romantic lines—the curvy pine headboard and gracefully swooping bedside chair—rest easy on the eyes.

FURNITURE Vintage cottage and English country styles. COLOR Sky blue, fawn beige, perennial-border pastels. PATTERN Garden floral and fruit prints, old-fashioned ticking stripes. TEXTURE Chamois-soft silk, woven linen, painted and worn woods. FUNCTION Sleeping late, dreaming.

continued on page 60




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# 1 bedroom 2 ways

continued from page 58

## Soul in details

1 Unlike chintz, which has a shiny surface, florals printed on a linen-like background have a softer time-worn appearance that's well-suited to romantic rooms.

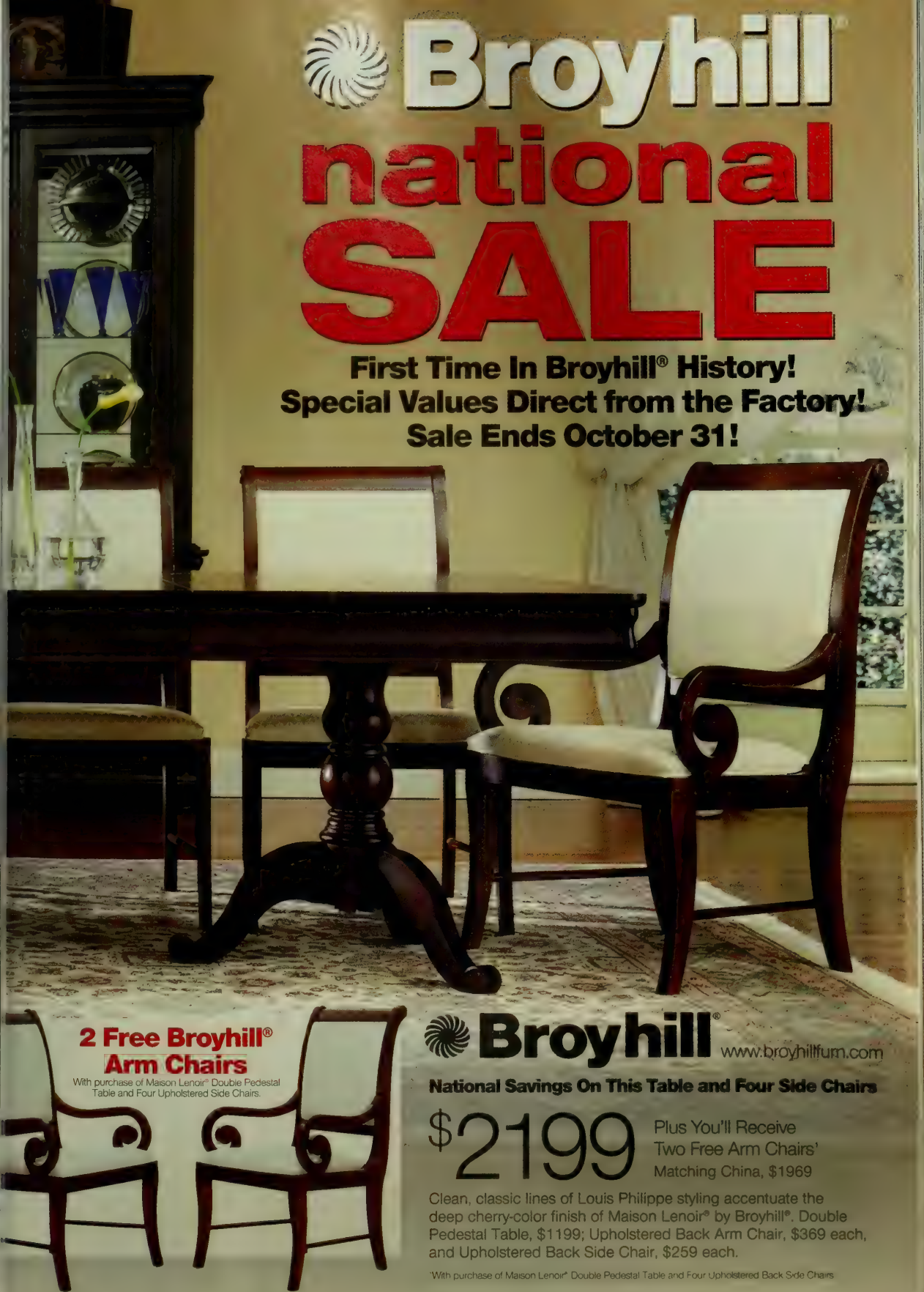
2 Built-in bookshelves turn an unused corner into a cozy reading nook. A cushy club chair, an ottoman, and an adjustable reading lamp are musts.

3 To melt away stress, drizzle honey into your bath—it's a natural moisturizer. Or sprinkle rose petals for subtle fragrance.

4 Humid bathrooms are no place to hang expensive artwork. How to fill an empty wall? Create a paneled effect by taping off sections, painting a "frame" around the border, and filling it in with a stencil of pepperberry branches.

Buying information, page 240

Find other bedroom makeovers at our Web site


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national
SALE
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Special Values Direct from the Factory!
Sale Ends October 31!
2 Free Broyhill®
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National Savings On This Table and Four Side Chairs
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Matching China, $1969
Clean, classic lines of Louis Philippe styling accentuate the deep cherry-color finish of Maison Lenoir® by Broyhill®. Double Pedestal Table, $1199; Upholstered Back Arm Chair, $369 each, and Upholstered Back Side Chair, $259 each.
'With purchase of Maison Lenoir® Double Pedestal Table and Four Upholstered Back Side Chairs




**3 Piece Wall**
Now Only
**$1149**

Traditional styling never goes out of style with Richmond Hill™ by Broyhill®. Sofa, $699[2], features cherry-color trim, rolled arms and skirt. Coordinating Wing Chair, $399[2]; Square Lamp Table, $189; Rectangular Cocktail Table, $189; End Table, $189; Entertainment Center, $569[3], and Bookcase, $299 each. Three Piece Wall System, $1149[3] (includes Entertainment Center and two Bookcases).

# Special National Values On These Broyhill® Sofas

## Four Great Styles for the Same Low Price!

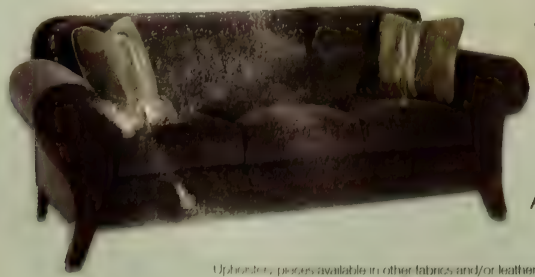


From Casual to Contemporary, Country to Traditional, Broyhill Offers the Style That's Just Right for Your Home!

Loveseat $669[2]



**your choice...**
Broyhill® Sofas Now Only
**$699[2]**





Coordinating Chairs Available In Most Styles

Upholstery pieces available in other fabrics and/or leathers. Prices vary according to fabric/leather selection and style. Select frames also available as sleepers. Unit accommodates most 36" televisions. Check the dimensions of the product and your individual TV for compatibility before purchasing.







# Broyhill® national SALE

## Special National Values On These Broyhill® Beds

## special savings

### Queen Size Panel Bed

$259[4]

Top Left: Coming home is cool, especially when you fall into Fontana™ by Broyhill®. Keep it simple with next to nothing or lavish it with silks and satins. With its washed pine-color finish, graceful curves and intricate floral overlays, Fontana™ makes the best of your style. Door Triple Dresser, $739; Landscape Mirror, $279, and Door Chest, $739. Not shown: Night Stand, $279.

### Queen Size Poster Bed

$359[4]

Middle Left: New from Broyhill®! With its warm, red finish and antique brass-finished hardware, Anhurst™ offers traditional yet casual styling for your home! Drawer Dresser, $499; Landscape Mirror, $209; Drawer Chest, $399, and Night Stand, $279.

### Queen Size Spindle Bed

$449[4]

Bottom Left: The clean lines and classy construction make GX™ by Broyhill® one of the easiest collections to build a home around. Dress it up or down. This is universal good taste for your home. Drawer Chest, $469. Not shown: Drawer Dresser, $529; Landscape Mirror, $179, and Night Stand, $239.

[4]Rails not included. Matching wood rails also available. Queen Bed shown. Full, King and California King sizes available.



National Savings

Side Chairs

You'll Receive
Free Arm Chairs[5]

for your home with this
Table, $899, extends to
$199 each; Splatback Side
, $1699, and Server, $679.

# Broyhill national SALE

## 2 Free Broyhill® Arm Chairs

[5]With purchase of Fontana™ Leg Table and Four Splatback Side Chairs.





## National Savings On Broyhill® Three Piece Wall Systems

Your choice: pine or cherry color finish.

$1149[3]

Includes Center Entertainment Unit and two Bookcases. Individual pieces: Center Entertainment Unit, $569[3], and Bookcase, $299 each.



## National Savings On These Broyhill® Genuine Leather Sofas



$1299[3]

Loveseat $1269[3]



$15

Loveseat

For a free copy of "Visions," our 26-page decorating guide, call Broyhill Consumer Assistance at 1-877-888-6021. Visit our web site at www.broyhillfurn.com.

Manufacturer's suggested prices effective through October 31, 2001. Prices may vary at individual retailers. All items may not be available at all locations. Furniture items may be specially ordered. AD#845, 847, 948, 949, 950 ©2001 Broyhill Furniture Industries, Inc.

In selecting materials, designers and engineers at Broyhill create value by designing products that use a combina wood, selected veneers and grain-engraved composite wood cores. Matching grain engraving is used on plastic hardboard backs of wall systems, bookcases, hutches and china decks. Some parts or decorative embellishmen made of molded man-made components to ensure strength and durability. Cane is either natural fibers or man-m materials are either natural or man-made

**The items on these pages may be purchased at the following Broyhill Dealers:**

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| **Antioch** | Century Furniture* |
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| **Bakersfield** | Weatherby's Furniture Guild |
| **Brea** | Easy Life |
| **Camarillo** | Home Furniture |
| **Campbell** | Breuners |
| **Chico** | Austins Home Furnishers |
| **Chino** | Eastside Home Furniture |
| **Chula Vista** | Economy Furniture* |
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| **Lodi** | Saks TV |
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| **Manteca** | Haters Home Furnishings |
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| **Northridge** | High Point Furniture |
| **Oakhurst** | Matthews Fine Furniture |
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| **Pleasanton** | Breuners |
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| **Rancho Cucamonga** | Joel Jones Furniture |
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| **Roseville** | Naturwood* |
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| **San Carlos** | Breuners |
| **San Fernando** | El Pariso Furniture |
| **San Leandro** | New Image Furniture |
| **San Luis Obispo** | A & R Furniture Gallery* |
| **San Marcos** | Broyhill/Lane Gallery* |
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Downsview — Brooklyn Furniture
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Essex — Jones Fine Furniture Ltd
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Kitchener — [illegible]
Markham — [illegible]
Mississauga — [illegible]
Niagara Falls — [illegible]
Ottawa — [illegible]
Petawawa — [illegible]
Peterborough — [illegible]
Pickering — [illegible]
Sault St Marie — [illegible]
Scarborough — [illegible]
Stoney Creek — [illegible]
Stouffville — [illegible]

**QUEBEC**
Laval — Meubles
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* Denotes Broyhill Showcase Gallery

ONCE-DAILY

# PAXIL®

## PAROXETINE HCl

**XIL® (brand of paroxetine hydrochloride)**
**e complete prescribing information in SmithKline Beecham Pharmaceuticals literature. The follow-g is a brief summary.**

**IDICATIONS AND USAGE:** *Paxil* is indicated for the treatment of depression, obsessions and compulsions in tients with obsessive compulsive disorder (OCD) as defined in DSM-IV, panic disorder with or without agora-obia, as defined in DSM-IV, social anxiety disorder, as defined in DSM-IV, and generalized anxiety disorder, as fined in DSM-IV.

**ONTRAINDICATIONS:** Concomitant use in patients taking either monoamine oxidase inhibitors (MAOIs) or nidazine is contraindicated. (See WARNINGS and PRECAUTIONS.) Contraindicated in patients with a hyper-sitivity to paroxetine or any of the inactive ingredients in *Paxil*.

**ARNINGS: Interactions with MAOIs may occur. Given the fatal interactions reported with concomi-nt or immediately consecutive administration of MAOIs and other SSRIs, do not use *Paxil* in combi-ation with a MAOI or within 2 weeks of discontinuing MAOI treatment. Allow at least 2 weeks after opping *Paxil* before starting a MAOI.**

**otential Interaction with Thioridazine**
**hioridazine administration alone produces prolongation of the QTc interval, which is associated with rious ventricular arrhythmias, such as torsade de pointes-type arrhythmias, and sudden death. This fect appears to be dose related.**

***n in vivo* study suggests that drugs which inhibit $P_{450}IID_6$, such as paroxetine, will elevate plasma vels of thioridazine. Therefore, it is recommended that paroxetine not be used in combination with ioridazine.**

**RECAUTIONS:** As with all antidepressants, use *Paxil* cautiously in patients with a history of mania.

e *Paxil* cautiously in patients with a history of seizures. Discontinue it in any patient who develops seizures.

e possibility of suicide attempt is inherent in depression and may persist until significant remission occurs. ose supervision of high-risk patients should accompany initial drug therapy. Write *Paxil* prescriptions for the nallest quantity of tablets consistent with good patient management in order to reduce the risk of overdose.

iversible hyponatremia has been reported, mainly in elderly patients, patients taking diuretics or those who were herwise volume depleted. Abnormal bleeding (mostly ecchymosis and purpura), including a case of impaired atelet aggregation, has been reported; the relationship to paroxetine is unclear.

inical experience with *Paxil* in patients with concomitant systemic illness is limited. Use cautiously in patients ith diseases or conditions that could affect metabolism or hemodynamic responses. Observe the usual cautions cardiac patients. In patients with severe renal impairment (creatinine clearance <30 mL/min ) or severe hepatic npairment, a lower starting dose (10 mg) should be used.

aution patients about operating hazardous machinery, including automobiles, until they are reasonably sure that axil therapy does not affect their ability to engage in such activities. Tell patients 1) to continue therapy as direct-d, 2) to inform physicians about other medications they are taking or plan to take, 3) to avoid alcohol while tak-g *Paxil*, 4) to notify their physicians if they become pregnant or intend to become pregnant during therapy, or if ey're nursing.

eakness, hyperreflexia, and incoordination following use of an SSRI and sumatriptan have been rarely reported.

oncomitant use of *Paxil* with tryptophan is not recommended. Use cautiously with warfarin. When administering axil with cimetidine, dosage adjustment of *Paxil* after the 20 mg starting dose should be guided by clinical effect. hen co-administering *Paxil* with phenobarbital or phenytoin, no initial *Paxil* dosage adjustment is needed, base bsequent changes on clinical effect. Concomitant use of *Paxil* with drugs metabolized by cytochrome $P_{450}IID_6$ ntidepressants such as nortriptyline, amitriptyline, imipramine, desipramine and fluoxetine, phenothiazines, type C antiarrhythmics such as propafenone, flecainide and encainide) or with drugs that inhibit this enzyme (e.g., iamidine) may require lower doses than usually prescribed for either *Paxil* or the other drug; approach concomi-nt use cautiously. However, due to the risk of serious ventricular arrhythmias and sudden death potentially asso-ated with elevated plasma levels of thioridazine, paroxetine and thioridazine should not be co-administered. An *i vivo* interaction study revealed that paroxetine had no effect on terfenadine pharmacokinetics. Additional *in tro* studies showed that the inhibitory effects of paroxetine on other $IIIA_4$ substrates (astemizole, cisapride, tra-olam and cyclosporin) was at least 100 times less potent than ketoconazole, a potent $IIIA_4$ inhibitor. Assuming iat the relationship between paroxetine's *in vitro* Ki and its lack of effect on terfenadine's *in vivo* clearance pre-cts its effect on other $IIIA_4$ substrates, paroxetine's inhibition of $IIIA_4$ activity should have little clinical signifi-nce. Use caution when co-administering *Paxil* with tricyclic antidepressants (TCAs). TCA plasma concentrations ay need monitoring and the TCA dose may need to be reduced. Administration of *Paxil* with another tightly pro-in-bound drug may shift plasma concentrations, resulting in adverse effects from either drug. Concomitant use of axil and alcohol in depressed patients is not advised. Undertake concomitant use of *Paxil* and lithium or digoxin autiously. If adverse effects are seen when co-administering *Paxil* with procyclidine, reduce the procyclidine dose. levated theophylline levels have been reported with *Paxil* co-administration; monitoring theophylline levels is rec-mmended.

2-year studies, a significantly greater number of male rats in the 20 mg/kg/day group developed reticulum cell arcomas vs. animals given doses of 1 or 5 mg/kg/day. There was also a significantly increased linear trend across ose groups for the occurrence of lymphoreticular tumors in male rats. Although there was a dose-related increase the number of tumors in mice, there was no drug-related increase in the number of mice with tumors. The clini-al significance of these findings is unknown. There is no evidence of mutagenicity with *Paxil*.

ats receiving paroxetine at 15 mg/kg/day (2.4 times the MRHD on a mg/m² basis) showed a reduced pregnancy ite.

**regnancy Category C.** Reproduction studies performed in rats and rabbits at doses up to 6 mg/kg/day, 8.1 (rat) nd 1.9 (rabbit) times the MRHD on a mg/m² basis, have revealed no evidence of teratogenic effects or of selective oxicity to the fetus. However, rat pup deaths increased during the first 4 days of lactation when dosing occurred uring the last trimester of gestation and continued throughout lactation. The cause of these deaths is not known. here are no adequate and well-controlled studies in pregnant women. *Paxil* should be used in pregnancy only if he potential benefit justifies the potential risk to the fetus. The effect of *Paxil* on labor and delivery in humans is nknown. Paroxetine is secreted in human milk; exercise caution when administering *Paxil* to a nursing woman.

afety and effectiveness in the pediatric population have not been established.

worldwide premarketing *Paxil* clinical trials, 17% of *Paxil*-treated patients were ≥65 years of age. Pharmacoki-etic studies revealed a decreased clearance in the elderly and a lower starting dose is recommended. However, here were no overall differences in the adverse event profile between older and younger patients.

**DVERSE REACTIONS: Incidence in Controlled Trials—*Commonly Observed Adverse Events in Controlled Clinical Trials:*** The most commonly observed adverse events associated with the use of *Paxil* in the treatment of depression (incidence of 5% or greater and incidence for *Paxil* at least twice that for placebo): asthenia (15% vs. 6%), sweating (11% vs. 2%), nausea (26% vs. 9%), decreased appetite (6% vs. 2%), somnolence (23% vs. 9%), dizziness (13% vs. 6%), insomnia (13% vs. 6%), tremor (8% vs. 2%), nervousness (5% vs. 3%), ejaculatory disturbance (13% vs. 0%) and other male genital disorders (10% vs. 0%).

The most commonly observed adverse events associated with the use of paroxetine in the treatment of obsessive compulsive disorder (incidence of 5% or greater and incidence for *Paxil* at least twice that of placebo) were: nausea (23% vs. 10%), dry mouth (18% vs. 9%), decreased appetite (9% vs. 3%), constipation (16% vs. 6%), dizziness (12% vs. 6%), somnolence (24% vs. 7%), tremor (11% vs. 1%), sweating (9% vs. 3%), impotence (8% vs. 1%) and abnormal ejaculation (23% vs. 1%).

The most commonly observed adverse events associated with the use of paroxetine in the treatment of panic disorder (incidence of 5% or greater and incidence for *Paxil* at least twice that for placebo) were: asthenia (14% vs. 5%), sweating (14% vs. 6%), decreased appetite (7% vs. 3%), libido decreased (9% vs. 1%), tremor (9% vs. 2%), abnormal ejaculation (21% vs. 1%), female genital disorders (9% vs. 1%) and impotence (5% vs. 0%).

The most commonly observed adverse events associated with the use of paroxetine in the treatment of social anxiety disorder (incidence of 5% or greater and incidence for *Paxil* at least twice that for placebo) were: sweating (13% vs. 2%), nausea (25% vs. 7%), dry mouth (9% vs. 3%), constipation (5% vs. 2%), decreased appetite (8% vs. 2%), somnolence (22% vs. 5%), tremor (9% vs. 1%), libido decreased (12% vs. 1%), yawn (5% vs. 1%), abnormal ejaculation (28% vs. 1%), female genital disorders (9% vs. 1%) and impotence (5% vs. 1%).

The most commonly observed adverse events associated with the use of paroxetine in the treatment of generalized anxiety disorder (incidence of 5% or greater and incidence for *Paxil* at least twice that for placebo) were: asthenia, infection, constipation, decreased appetite, dry mouth, nausea, libido decreased, somnolence, tremor, sweating, and abnormal ejaculation.

Twenty percent (1,199/6,145) of *Paxil* patients in worldwide clinical trials in depression and 16.1% (84/522), 11.8% (64/542), 9.4% (44/469) and 10.7% (79/735) of *Paxil* patients in worldwide trials in social anxiety disorder, OCD, panic disorder and generalized anxiety disorder, respectively, discontinued treatment due to an adverse event. The most common events (≥1%) associated with discontinuation and considered to be drug related include the following: **depression**–somnolence, agitation, tremor, nausea, diarrhea, dry mouth, vomiting, asthenia, abnormal ejaculation, sweating; **OCD**–insomnia, dizziness, constipation, nausea, asthenia, abnormal ejaculation, impotence; **panic disorder**–somnolence, insomnia, nausea; **social anxiety disorder**–somnolence, insomnia, tremor, anxiety, dizziness, nausea, vomiting, flatulence, asthenia, abnormal ejaculation, sweating, libido decreased; **generalized anxiety disorder**–somnolence, dizziness, nausea, asthenia, abnormal ejaculation, sweating.

The following adverse events occurred in 6-week placebo-controlled trials of similar design at a frequency of 1% or more, in patients dosed (20 to 50 mg/day) for the treatment of depression: headache, asthenia, palpitation; vasodilation; sweating, rash; nausea, dry mouth, constipation, diarrhea, decreased appetite, flatulence, oropharynx disorder, dyspepsia; myopathy, myalgia, myasthenia; somnolence, dizziness, insomnia, tremor, nervousness, anxiety, paresthesia, libido decreased, drugged feeling, confusion; yawn; blurred vision, taste perversion; ejaculatory disturbance, other male genital disorders, urinary frequency, urination disorder, female genital disorders.

The following adverse events occurred at a frequency of 2% or more among OCD patients on *Paxil* who participated in placebo-controlled trials of 12 weeks duration in which patients were dosed in a range of 20 to 60 mg/day or among patients with panic disorder on *Paxil* who participated in placebo-controlled trials of 10 to 12 weeks duration in which patients were dosed in a range of 10 to 60 mg/day or among patients with social anxiety disorder on *Paxil* who participated in placebo-controlled trials of 12 weeks duration in which patients were dosed in a range of 20 to 50 mg/day: asthenia, abdominal pain, chest pain, back pain, chills, trauma; vasodilation, palpitation; sweating, rash; nausea, dry mouth, constipation, diarrhea, decreased appetite, dyspepsia, flatulence, increased appetite, vomiting; myalgia; insomnia, somnolence, dizziness, tremor, nervousness, libido decreased, agitation, anxiety, abnormal dreams, concentration impaired, depersonalization, myoclonus, amnesia, rhinitis, pharyngitis, yawn; abnormal vision, taste perversion; abnormal ejaculation, dysmenorrhea, female genital disorder, impotence, urinary frequency, urination impaired, urinary tract infection.

The following adverse events occurred at a frequency of 2% or more among GAD patients on *Paxil* who participated in placebo-controlled trials of 8 weeks duration in which patients were dosed in a range of 10 mg/day to 50 mg/day: asthenia, headache, infection, vasodilation, sweating, nausea, dry mouth, constipation, diarrhea, decreased appetite, vomiting, insomnia, somnolence, dizziness, tremor, nervousness, libido decreased, respiratory disorder, sinusitis, yawn, abnormal vision, abnormal ejaculation, female genital disorder, impotence.

Studies in depression show a clear dose dependency for some of the more common adverse events associated with *Paxil* use. There was evidence of adaptation to some adverse events with continued *Paxil* therapy (e.g., nausea and dizziness). Significant weight loss may be an undesirable result of *Paxil* treatment for some patients but, on average, patients in controlled trials had minimal (about 1 lb) loss. In placebo-controlled clinical trials, *Paxil*-treated patients exhibited abnormal values on liver function tests no more frequently than placebo-treated patients.

In placebo-controlled clinical trials involving more than 2,500 patients with depression, OCD, panic disorder, social anxiety disorder or generalized anxiety disorder, the following incidences of untoward sexual experiences for patients receiving *Paxil* were reported, varying with the disease state: In males: decreased libido (6% to 15%), ejaculatory disturbance, mostly delayed ejaculation (13% to 28%), impotence (2% to 8%). In females: decreased libido (0% to 9%), orgasmic disturbance (2% to 9%). The reported incidence of each of these adverse events was <5% among male and female patients receiving placebo.

**Other Events Observed During the Premarketing Evaluation of *Paxil*:** During premarketing assessment in depression, multiple doses of *Paxil* were administered to 6,145 patients in phase 2 and 3 studies. During premarketing clinical trials in OCD, panic disorder, social anxiety disorder and generalized anxiety disorder, 542, 469, 522 and 735 patients, respectively, received multiple doses of *Paxil*. The following adverse events were reported. Note: "frequent" = events occurring in at least 1/100 patients, "infrequent"= 1/100 to 1/1000 patients, "rare" = less than 1/1000 patients. Events are classified within body system categories and enumerated in order of decreasing frequency using the above definitions. It is important to emphasize that although the events occurred during *Paxil* treatment, they were not necessarily caused by it.

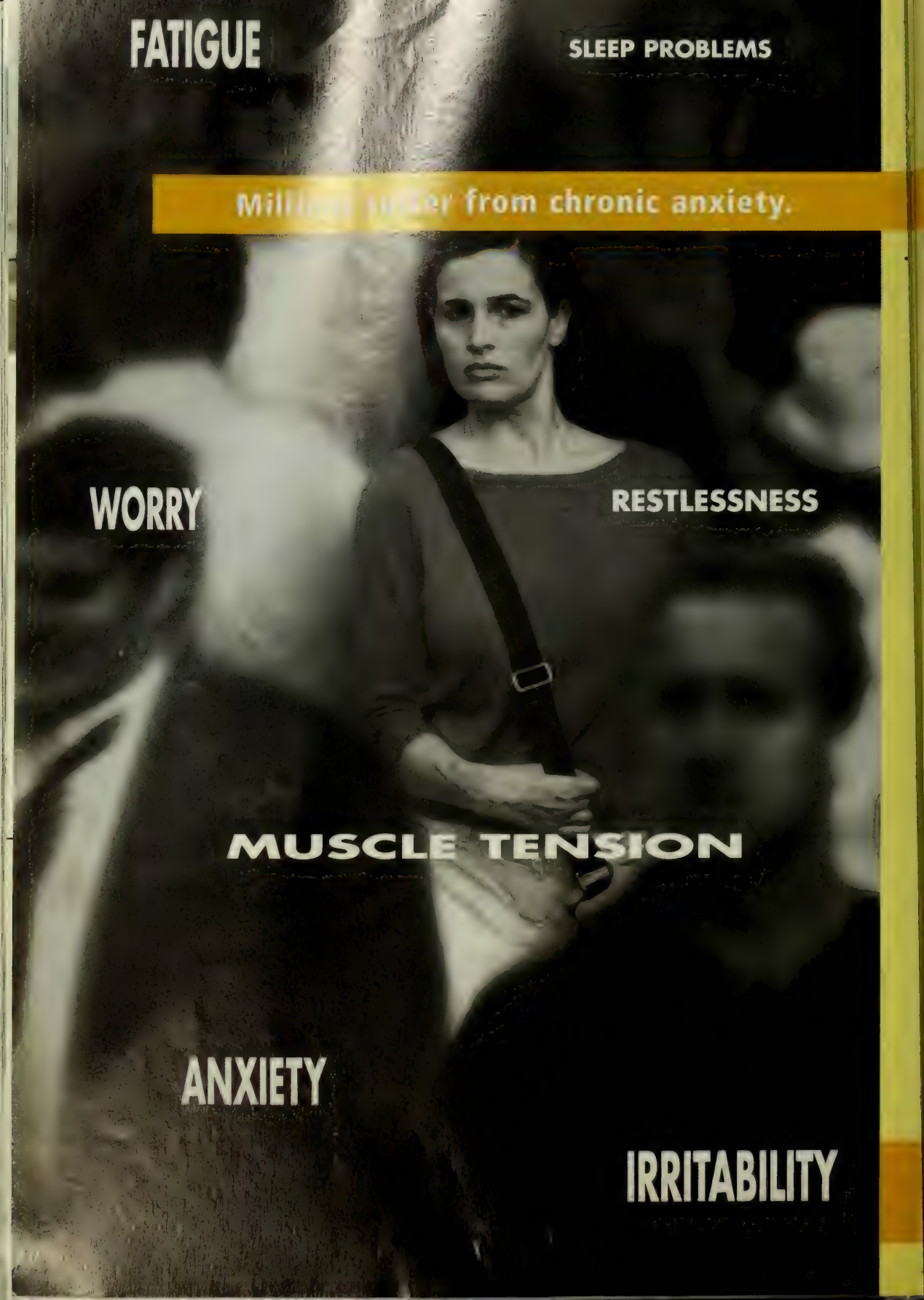
**Body as a Whole:** *frequent:* chills, malaise; *infrequent:* allergic reaction, face edema, moniliasis, neck pain; *rare:* adrenergic syndrome, cellulitis, neck rigidity, pelvic pain, peritonitis, ulcer. **Cardiovascular System:** *frequent* hypertension, tachycardia; *infrequent:* bradycardia, hematoma, hypotension, migraine, syncope; *rare:* angina pectoris, arrhythmia nodal, atrial fibrillation, bundle branch block, cerebral ischemia, cerebrovascular accident, congestive heart failure, heart block, low cardiac output, myocardial infarct, myocardial ischemia, pallor, phlebitis, pulmonary embolus, supraventricular extrasystoles, thrombophlebitis, thrombosis, varicose vein, vascular headache, ventricular extrasystoles. **Digestive System:** *infrequent:* bruxism, colitis, dysphagia, eructation, gastritis, gastroenteritis, gingivitis, glossitis, increased salivation, liver function tests abnormal, rectal hemorrhage, ulcerative stomatitis; *rare:* aphthous stomatitis, bloody diarrhea, bulimia, cholelithiasis, duodenitis, enteritis, esophagitis, fecal impactions, fecal incontinence, gum hemorrhage, hematemesis, hepatitis, ileus, intestinal obstruction, jaundice, melena, mouth ulceration, peptic ulcer, salivary gland enlargement, stomach ulcer, stomatitis, tongue discoloration, tongue edema, tooth caries. **Endocrine System:** *rare:* diabetes mellitus, goiter, hyperthyroidism, hypothyroidism, thyroiditis. **Hemic and Lymphatic Systems:** *infrequent:* anemia, eosinophilia, leukocytosis, leukopenia, lymphadenopathy, purpura; *rare:* abnormal erythrocytes, basophilia, bleeding time increased, hypochromic anemia, iron deficiency anemia, lymphedema, abnormal lymphocytes, lymphocytosis, microcytic anemia, monocytosis, normocytic anemia, thrombocythemia, thrombocytopenia. **Metabolic and Nutritional:** *frequent:* weight gain, weight loss; *infrequent* alkaline phosphatase increased, edema, peripheral edema, SGOT increased, SGPT increased, thirst; *rare:* bilirubinemia, BUN increased, creatinine phosphokinase increased, dehydration, gamma globulins increased, gout, hypercalcemia, hypercholesteremia, hyperglycemia, hyperkalemia, hyperphosphatemia, hypocalcemia, hypoglycemia, hypokalemia, hyponatremia, ketosis, lactic dehydrogenase increased, non-protein nitrogen (NPN) increased; **Musculoskeletal System:** *frequent:* arthralgia; *infrequent:* arthritis, arthrosis; *rare:* bursitis, myositis, osteoporosis, generalized spasm, tenosynovitis, tetany. **Nervous System:** *frequent:* emotional lability, vertigo; *infrequent:* abnormal thinking, alcohol abuse, ataxia, delirium, dystonia, dyskinesia, euphoria, hallucinations, hostility, hypertonia, hypesthesia, hypokinesia, incoordination, lack of emotion, libido increased, manic reaction, neurosis, paralysis, paranoid reaction, psychosis; *rare:* abnormal gait, akinesia, antisocial reaction, aphasia, choreoathetosis, circumoral paresthesias, convulsion, delusions, diplopia, drug dependence, dysarthria, extrapyramidal syndrome, fasciculations, grand mal convulsion, hyperalgesia, hysteria, manic-depressive reaction, meningitis, myelitis, neuralgia, neuropathy, nystagmus, peripheral neuritis, psychotic depression, reflexes decreased, reflexes increased, stupor, torticollis, trismus, withdrawal syndrome. **Respiratory System:** *infrequent:* asthma, bronchitis, dyspnea, epistaxis, hyperventilation, pneumonia, respiratory flu; *rare:* emphysema, hemoptysis, hiccups, lung fibrosis, pulmonary edema, sputum increased, voice alteration. **Skin and Appendages:** *frequent:* pruritus; *infrequent:* acne, alopecia, contact dermatitis, dry skin, ecchymosis, eczema, furunculosis, herpes simplex, maculopapular rash, photosensitivity, urticaria; *rare:* angioedema, erythema nodosum, erythema multiforme, exfoliative dermatitis, fungal dermatitis, herpes zoster, hirsutism, seborrhea, skin discoloration, skin hypertrophy, skin ulcer, sweating decreased, vesiculobullous rash. **Special Senses:** *frequent:* tinnitus; *infrequent:* abnormality of accommodation, conjunctivitis, ear pain, eye pain, mydriasis, otitis media, photophobia; *rare:* ambiyopia, anisocoria, blepharitis, cataract, conjunctival edema, corneal ulcer, deafness, exophthalmos, eye hemorrhage, glaucoma, hyperacusis, keratoconjunctivitis, night blindness, otitis externa, parosmia, ptosis, retinal hemorrhage, taste loss, visual field defect. **Urogenital System:** *infrequent:* abortion, amenorrhea, breast pain, cystitis, dysuria, hematuria, menorrhagia, nocturia, polyuria, urinary incontinence, urinary retention, urinary urgency, vaginal moniliasis, vaginitis; *rare:* breast atrophy, breast enlargement, endometrial disorder, epididymitis, female lactation, fibrocystic breast, kidney calculus, kidney pain, leukorrhea, mastitis, metrorrhagia, nephritis, oliguria, pyuria, urethritis, uterine spasm, urolith, vaginal hemorrhage.

**Postmarketing Reports**
Voluntary reports of adverse events that have been received since marketing and not listed above that may have no causal relationship with *Paxil* include: acute pancreatitis, elevated liver function tests (the most severe cases were deaths due to liver necrosis, and grossly elevated transaminases associated with severe liver dysfunction), Guillain-Barré syndrome, toxic epidermal necrolysis, priapism, syndrome of inappropriate ADH secretion, symptoms suggestive of prolactinemia and galactorrhea, neuroleptic malignant syndrome-like events; extrapyramidal symptoms which have included akathisia, bradykinesia, cogwheel rigidity, dystonia, hypertonia, oculogyric crisis (which has been associated with concomitant use of pimozide), tremor and trismus, serotonin syndrome, associated in some cases with concomitant use of serotonergic drugs and with drugs which may have impaired *Paxil* metabolism (symptoms have included agitation, confusion, diaphoresis, hallucinations, hyperreflexia, myoclonus, shivering, tachycardia and tremor), status epilepticus, acute renal failure, pulmonary hypertension, allergic alveolitis, anaphylaxis, eclampsia, laryngismus, optic neuritis, porphyria, ventricular fibrillation, ventricular tachycardia (including torsade de pointes), thrombocytopenia, hemolytic anemia, and events related to impaired hematopoiesis (including aplastic anemia, pancytopemia, bone marrow aplasia and agranulocytosis). There have been spontaneous reports that discontinuation (particularly when abrupt) may lead to symptoms such as dizziness, sensory disturbances, agitation or anxiety, nausea and sweating; these events are generally self-limiting. There has been a report of an elevated phenytoin level after 4 weeks of *Paxil* and phenytoin co-administration, and a report of severe hypotension when *Paxil* was added to chronic metoprolol treatment.

**DRUG ABUSE AND DEPENDENCE: Controlled Substance Class:** *Paxil* is not a controlled substance. Evaluate patients carefully for history of drug abuse and observe such patients closely for signs of *Paxil* misuse or abuse (e.g., development of tolerance, incrementations of dose, drug-seeking behavior).

BRS-PX L20

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FATIGUE
SLEEP PROBLEMS
Millions suffer from chronic anxiety.
WORRY
RESTLESSNESS
MUSCLE TENSION
ANXIETY
IRRITABILITY

## Millions could be helped by Paxil.




### Chronic anxiety can be overwhelming. But it can also be overcome.

If you're one of the 10 million people who live with excessive uncontrollable worry, anxiety, tension, irritability, restlessness and sleep disturbances for six months or more, you could be suffering from Generalized Anxiety Disorder. The good news is that it's treatable.

*Paxil*, the most prescribed medication of its kind for generalized anxiety, works to correct the chemical imbalance believed to cause the disorder. *Paxil* can help bring down your level of anxiety, even if you have been suffering for years.

Prescription *Paxil* is not for everyone. Tell your doctor what medicines you're taking. People taking MAOIs or thioridazine shouldn't take *Paxil*. *Paxil* is generally well tolerated. As with many medications, there can be side effects. Side effects may include decreased appetite, dry mouth, sweating, nausea, constipation, sexual side effects, tremor, fatigue or sleepiness. Most people who experience side effects are not bothered enough to stop taking *Paxil*. Anxiety from everyday stresses usually doesn't need medication. Talk to your doctor about non-habit-forming *Paxil* today. So you can see someone you haven't seen in a while . . . Yourself.

**Call 1-800-454-6163 or visit www.paxil.com**



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PAROXETINE HCl

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GlaxoSmithKline

by Joseph Boehm
and Sarah Egge



# Upholstery Fabric

Let's play a game: We'll show you a chair and four fabric swatches. All you have to do is imagine how the chair would look upholstered in each fabric. The challenge? Try to spot the fabric that doesn't work. It may be a terrific fabric, but for the style of chair, the look would be a little off. Ready?

## Which of these fabrics are the best choices?

The oval back of this French-style chair acts like a picture frame, showcasing the fabric upholstered in its oval shape. A medallion pattern, such as fabric 1, is a perfect match for the chair back; center a motif in the oval, and the red background acts as a bold mat. For the looser look of fabric 2, it's also best to focus in on a single bloom. To let the graceful lines of the chair be prominent, contrast them with a linear stripe, such as fabric 3. Center the stripes in the oval. As with all these fabrics, take care to line up the stripes on the back with those on the seat, or center a motif in the seat as well.



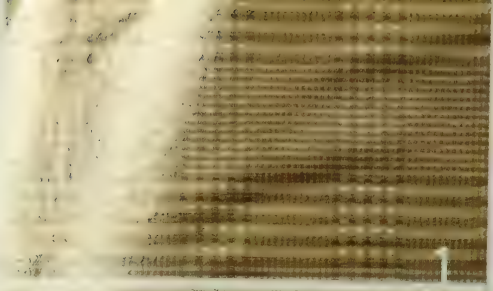

**Which look is the dud?**
The limited upholstery space on this wood chair makes a large uncontained pattern, such as the paisley fabric 4, a poor match. The entire pattern will never fit. The red floral on the chair (*left*) is also a large pattern, but portions of it are grouped in clusters that fit in the oval back's size and shape.

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Finally something you don't have to bake.
FERRERO ROCHER
Luscious chocolate, crunchy hazelnut, crispy wafer
and always in good taste.
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## Upholstery Fabric

continued from page 64







With its laid-bac family-room look, thi club chair (*below*) as no-frills as its two-tone plaid pattern of fabric 1. That fabric's repeat is not too wide—so you'll see it complete on the chair back—and not too narrow, which creates a busy look. Fabric 2 also has a medium-size repeat. It's a good choice because the fan shape of the woven flowers echoes the chair's rounded shape. Fabric 4's time-worn look makes it appear soft, inviting you to snuggle deep into this chair's

# Which of these fabrics are good matches?



cushions. The muted colors of all three fabrics suit the "supporting character" role this chair plays in a room.



Which look is the dud? Fabric 3's exotic palm tree pattern is too flighty for the sturdy demeanor of this chair (*right*). The jumbo stripes, however, are a practical, non-fussy option.

continued on page 70



**Asthma was:** a long list of can't do's and what if's.

**Advair is:** clinically proven to increase symptom-free days.

ADVAIR is an asthma product that's clinically proven to significantly improve lung function and increase symptom-free days, so you can do more of the things you want to do. That's because ADVAIR is the *first and only* product approved by the FDA to effectively treat the two main components of asthma: airway constriction and inflammation. All with one easy-to-use[1] DISKUS device. The clinical results were experienced by people taking ADVAIR 100/50, compared with people taking either fluticasone propionate 100 mcg or salmeterol 50 mcg (inhalation powders) alone.

ADVAIR won't replace fast-acting inhalers for sudden symptoms and should not be taken more than twice a day. People switching from an oral steroid, like prednisone, to ADVAIR, which contains an inhaled steroid, need to be especially careful. While adjusting to the switch, your body may not be as able to heal after surgery, infection, or serious injury. If you have heart or blood pressure problems, tell your doctor. Some people may experience a change in heart rhythm. See your doctor if your asthma does not improve.

ADVAIR is for patients 12 and older. Ask your doctor if it's right for you. For more information, visit us at ADVAIR.com or call 1.877.4.ADVAIR.



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ONLY ADVAIR TREATS BOTH

ADVAIR DISKUS 100/50
(fluticasone propionate 100 mcg and salmeterol 50 mcg inhalation powder)

Life should take your breath away, not asthma.

Please see important information on the following page.

# ADVAIR DISKUS 100

## (fluticasone propionate 100, 250, 500 mcg and salmet

### WHAT IS ADVAIR DISKUS?

ADVAIR is the brand name of a twice a day asthma product that ... oro-
pionate and salmeterol. DISKUS is an inhalation device used ... e, an
inhaled anti-inflammatory belonging to a group of medicines ... works
by reducing inflammation (swelling and irritation) of the airwa... ed bron-
chodilator belonging to a group of medicines commonly refe... ng to pre-
vent bronchospasm (constriction of the muscles surrounding ... trengths of
ADVAIR DISKUS that contain 100, 250, or 500 mcg of fluticasone ... contains
50 mcg of salmeterol per dose.

### What should I know before taking ADVAIR?

**ADVAIR should not be used for relief of sudden asthma symp...** Doctor will ... ribe a **fast-acting inhaler (such as albuterol) to relieve sudden symptoms that o...** ...te use of **ADVAIR.**

ADVAIR should not be used to treat a severe episode of asthma requiring emergency medical treatment.

**YOU SHOULD NOT START TAKING ADVAIR IF YOUR ASTHMA IS ... SIGNIFICANTLY OR RAPIDLY WORSE, WHICH CAN BE LIFE THREATENING. Serious respiratory events, including death, have been reported in people who started taking salmeterol in this situation, although it is not possible to tell whether salmeterol contributed to these events or if it simply failed to relieve the worsening ... In most cases these occurred in people whose asthma was rapidly worsening. They have also occurred in ... patients with less severe asthma.**

**If you are using your fast-acting inhaler more frequently or are taking more doses, it could be a sign that your asthma is getting worse. If this occurs, tell your doctor immediately. If you've been using a fast-acting inhaler regularly (e.g., 4 times a day), your doctor will tell you that this is no longer necessary once you are taking ADVAIR, and that you should use your fast-acting inhaler for sudden symptoms only.**

**WARNING: ADVAIR should not be used to switch from an oral steroid like prednisone to an inhaled steroid. People switching from an oral steroid to ADVAIR, which contains an inhaled steroid, need to be especially careful. Although inhaled steroids may provide control of asthma symptoms, while adjusting to the switch, your body is not as able to heal after surgery, infection (e.g., stomach flu), or serious injury. You should carry a warning card indicating you may need oral steroids during periods of stress or a severe asthma attack.**

You should not take ADVAIR if you have had an allergic reaction to salmeterol, fluticasone propionate, or lactose in the past.

### Important Safety Considerations with ADVAIR:

Sometimes patients experience unexpected bronchospasm right after taking ADVAIR. This condition can be life threatening, and if it occurs, you should stop taking ADVAIR and contact your doctor immediately.

In rare cases, people are allergic to ADVAIR. If you immediately experience choking, difficulty inhaling, rash, hives, itching, or welts on the skin, you may be having an allergic reaction. Stop using ADVAIR and contact your doctor immediately.

Salmeterol is a beta-agonist belonging to a class of drugs that can affect the circulatory system in some patients as measured by heart rate and blood pressure and/or cause symptoms like heart fluttering, chest pain, rapid heart rate, tremor, or nervousness. These symptoms are uncommon at the recommended dosage. If they occur, ADVAIR may need to be stopped. Changes may also occur in the electrocardiogram (ECG), although the importance of this is not known.

Your doctor may be cautious about giving you ADVAIR if you have heart disease, especially coronary artery disease, irregular heartbeat, or high blood pressure. ADVAIR should also be used with caution by people with seizures or overactive thyroid gland, and those who are unusually responsive to this class of drugs.

When given intravenously, albuterol, a drug with a similar chemical structure to salmeterol, can worsen diabetes. These drugs may cause low blood potassium in some people, which may lead to side effects like an irregular heart rate. Significant changes in blood sugar and/or potassium were rare in clinical studies with ADVAIR at recommended doses.

Taking steroids can affect your body's ability to make its own steroid-like hormones, which are needed during infections and times of severe stress to your body, such as an operation. Although much more common with oral steroids, these effects can be seen with inhaled steroids, especially when taken at higher than recommended doses. Inhaled steroids often permit control of asthma symptoms with less systemic side effects. Because patients' sensitivity to steroid side effects varies, talk to your doctor about using the lowest strength of ADVAIR for your asthma.

Tell your doctor if you have been exposed to or currently have chicken pox or measles. Chicken pox and measles, for example, can be more serious or even fatal in susceptible people taking corticosteroids.

Inhaled corticosteroids may cause a reduction in growth velocity. Talk to your doctor about using the lowest strength of ADVAIR for your asthma

ADVAIR should be used with caution, if at all, in people with tuberculosis, herpes infections of the eye, or other untreated infections.

People taking ADVAIR may develop yeast infections of the mouth and/or throat that should be treated by their doctor.

If you have been switched from an oral steroid to ADVAIR, allergy symptoms, eczema, or arthritis may be uncovered. During oral steroid withdrawal, patients may experience joint/muscle pain, tiredness, or depression, even though their asthma symptoms may be the same or better.

In rare cases, people taking ADVAIR may develop serious conditions that often require oral steroid treatment. Symptoms can include rash, worsening breathing problems, heart complications, and/or a feeling of "pins and needles" or numbness in the arms and legs. These conditions are usually, but not always, associated with reduction/withdrawal of oral steroids following the introduction of ADVAIR. Although ADVAIR has not been shown to cause these conditions, you must tell your doctor right away if you develop any of these symptoms.

Rare instances of glaucoma, increased pressure in the eyes, and cataracts have been reported with inhaled corticosteroids, including fluticasone propionate.

### How should I use ADVAIR?

**ADVAIR should never be taken more than one inhalation twice daily.**

You may see a benefit within the first 30 minutes after taking your first dose of ADVAIR, but the full benefit may take 1 week or more. Each dose of ADVAIR will last for 12 hours or longer.

If you ... ADVAIR regularly ... should not take additional salmeterol for the treatment of exercise-induced symptoms or for any other reason.

### What should I know about the DISKUS device?

When using ADVAIR, remember: • Never breathe into or take the DISKUS apart.• Always use the DISKUS ... • Never open or prepare the DISKUS and always keep it dry • Discard **1 month** after ...

### Can I take ADVAIR with other medications?

If ... as prescribed ...

... during and up to 2 weeks after treatment with monoamine ... since these medications can cause ADVAIR to have ...

No drug interaction studies have been performed with ADVAIR. In clinical studies, there was no dif... in side effects when ADVAIR was taken with methylxanthines (e.g., theophylline). There were no dif... in steroid side effects whether ADVAIR was taken with or without FLONASE®.

In clinical studies, there were no differences in effects on the heart when ADVAIR was taken with ... amounts of albuterol. However, the effect of using ADVAIR while taking more than 9 puffs a day of a... has not been studied.

Generally, people with asthma should not take beta-blockers because they counteract the effects ... agonists and may also cause severe bronchospasm. However, in some cases, for instance, following ... attack, selective beta-blockers may still be used if there is no acceptable alternative.

The ECG changes and/or low blood potassium that may occur with some diuretics may be made w... ADVAIR, especially at higher than recommended doses. Caution should be used when these drugs a... together.

ADVAIR should be used with caution in people who are taking ketoconazole (an antifungus medica... other drugs broken down by the body in a similar way. These medications can cause ADVAIR to have ... steroid side effects.

### What are the possible side effects of ADVAIR?

In studies with asthma patients taking either placebo, ADVAIR DISKUS 100/50, ADVAIR DISKUS 2... fluticasone propionate 100 mcg, fluticasone propionate 250 mcg, or salmeterol 50 mcg, the side ... more common with either strength of ADVAIR than placebo (which may or may not have been related ... drug) were upper respiratory infection (14% for placebo, 27% for ADVAIR DISKUS 100/50, 21% for A... DISKUS 250/50, 29% for fluticasone propionate 100 mcg, 25% for fluticasone propionate 250 mcg, an... for salmeterol 50 mcg); sore throat (6%, 13%, 10%, 7%, 12%, and 8%, respectively); upper resp... inflammation (5%, 7%, 6%, 7%, 8%, and 8%); sinus infection (4%, 4%, 5%, 6%, 1%, and 3%); h... ness/voice change (<1%, 5%, 2%, 2%, 4%, and <1%); yeast infection of the mouth (0%, 1%, 4%, 2%... and 0%); viral respiratory infections (3%, 4%, 4%, 4%, 10%, and 6%); bronchitis (2%, 2%, 8%, 1%... and 2%); cough (2%, 3%, 6%, 0%, 0%, and 3%); headaches (7%, 12%, 13%, 14%, 8%, and 10%... sea and vomiting (1%, 4%, 6%, 3%, 4%, and 1%); stomachache (1%, 4%, 1%, 0%, 2%, and 1%)... rhea (1%, 4%, 2%, 2%, 2%, and 1%); gastrointestinal flu (2%, 3%, 0%, 3%, 1%, and 2%); yeast in... unspecified site (1%, 3%, 0%, 1%, 4%, and 0%); and muscle pain (3%, 4%, 2%, 1%, 5%, and 3%).

Side effects that occurred in 1% to 3% of people taking ADVAIR were swollen glands, muscle injuries... ken bones, cuts, burns and bruises, allergy symptoms, ear, nose, and throat infections, noseblee... infections, stomach pains, intestinal problems (e.g., appendicitis, pain, infections), sores or pain... mouth, toothache, abnormal liver function tests, lung infections (e.g., pneumonia), muscle and/o... aches and pains/stiffness, sleeping problems, tremors, feeling of pinched nerves, viral and bacterial ... tions, fluid retention, unusual taste, skin infections, hives, skin itching/flakiness, and sweating.

The adverse events in a study with ADVAIR DISKUS 500/50 were similar to those above.

Other reported side effects with ADVAIR include: signs of steroid excess (e.g., weight gain, skin bru... diabetes), paleness, agitation, aggression, sun-sensitivity rash, menstrual problems, pelvic pain, anc... nal pain/infections.

The long-term effects of ADVAIR are not fully known. However, some patients have received inhalec... casone propionate continuously for 3 years or longer. No differences in the type or severity of ac... events were observed after long- (2 years) versus short-term treatment with fluticasone propionate.

### What if I am a child or elderly?

The safety and efficacy of ADVAIR in children less than 12 years of age has not been established. Ho... in one 12-week study in patients 4 to 11 years of age, side effects were similar to those seen in patien... years of age and older.

Studies have shown that inhaled corticosteroids may reduce growth rates in children with asthma. Thi... occur even if there are no other signs of systemic effects of the medication. The long-term effects ... reduction in growth rate from inhaled corticosteroids including the impact on final adult height are unkn... The potential for "catch up" growth after stopping inhaled corticosteroids has not been adequately stu... Your doctor may monitor the growth rate of children or adolescents taking ADVAIR. The potential g... effects of long-term treatment should be weighed against the clinical benefit. Each patient should be ... ed to the lowest strength that effectively controls their asthma.

In clinical studies, the overall safety of ADVAIR in people with asthma over 65 was similar to that in yo... people. No change in dose is needed in older people. Special caution should be used in older people... heart disease.

### What if I am pregnant or nursing?

You should consult with your doctor before taking ADVAIR if you are pregnant or nursing.

There have been no studies of ADVAIR used during pregnancy, labor, or in nursing women. Salmete... known to interfere with labor contractions. It is not known whether ADVAIR is excreted in breast milk... other corticosteroids have been detected in human breast milk. Talk to your doctor about the benefits... risks of using ADVAIR during pregnancy, labor, or if you are nursing.

### What happens if I take too much ADVAIR?

Increasing doses of ADVAIR were associated with a higher frequency of tremor, nervousness, and heart... tering. Deaths have been reported with the excessive use of the class of drugs to which salmeterol belo... Doses of inhaled or oral salmeterol 12 to 20 times higher than recommended have been associated with... nificant effects on the heart.

Overdosing with ADVAIR is potentially dangerous. If you overdose with ADVAIR, stop taking the medica... and seek immediate medical attention. Signs and symptoms of chronic overdose with fluticasone propio... are those of steroid excess (e.g., weight gain, diabetes). The expected signs and symptoms of overdo... with salmeterol are similar to those for other beta-agonists and include irregular or rapid heartbeat, ... vousness, tremor, headache, muscle cramps, seizures, and chest pain.

### What other important tests were conducted with ADVAIR?

Like most prescription drugs, ADVAIR was required to be tested on animals before it was allowed for hu... use. There is no evidence of enhanced toxicity with ADVAIR compared with the components administ... separately. Fluticasone propionate, like other corticosteroids, has been associated with birth defects in ... mals (e.g., cleft palate and fetal death). In animal studies with doses much higher than those use... humans, salmeterol was associated with uterine tumors. No effect on fertility in rats was seen at 180 t... the maximum recommended daily dose for salmeterol. Your healthcare professional can tell you more ab... how drugs are tested on animals and what the results of these tests may mean about safety for you.

**If you have any further questions about ADVAIR, talk to your doctor, visit our Web site ADVAIR.com, or call 1.877.4.ADVAIR.**

**Reference: 1.** Boulet et al. Comparison of Diskus™ inhaler, a new multidose powder inhaler, ... Diskhaler™ inhaler for the delivery of salmeterol to asthmatic patients. *J Asthma* 1995;32:429-4...

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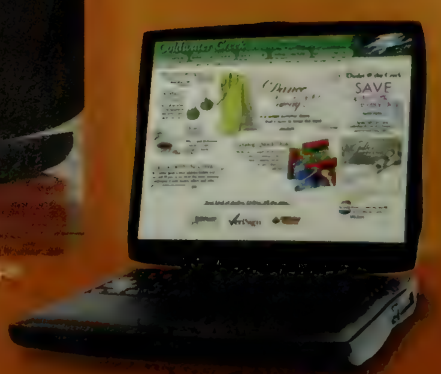
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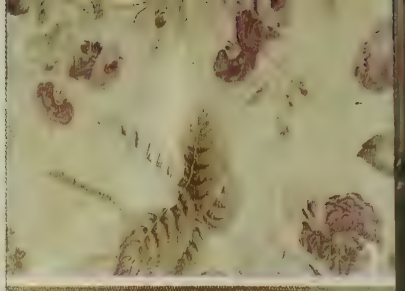
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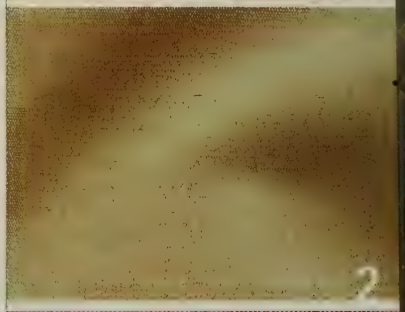
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## Upholstery Fabric

page 66

A tufted chair (*below*) has a sense of femininity, especially when it also has a full skirt that dusts the floor. As a result, a floral fabric is a natural choice. A large-scale, rambling garden pattern, such as fabric 1, works well because tufting tends to swallow portions of the pattern. A fabric with no pattern but rich color and supple texture, such as the latte-colored fabric 2, is a low-key option that lets the tufting contribute the visual interest. The tiny dot of fabric 3 won't be missed in the tufts. And the hills and valleys they create cause the moiré weave to shimmer and shine in light.



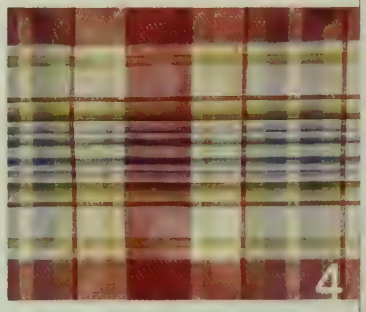


2



3

## Which of these fabrics pass the test?



4



Which look is the dud? It's easy to see why geometric patterns, such as fabric 4, don't do well when tufted. To create the tufts, the fabric is depressed at that point, and a straight line becomes a wavy one. All-over florals with no linear pattern, such as this upholstery (*right*), are the best choice.

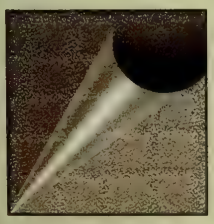
continued on page 74



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# "Ahh" shouldn't be the only thin

Doctors and hospitals are working hard to give you the best care. But you also have to do your part. The fact is, lack of communication is a significant cause of medical errors. Fortunately, errors are preventable, especially when people become active and informed participants in their own health care. This is why UnitedHealth Foundation and the National Patient Safety Foundation are providing this information from medical experts* that will help you communicate more effectively with your health care team. Because the only thing worse than something happening is knowing that it could have been prevented.

1. Speak up if you have questions or concerns and don't be shy about asking your doctor or nurse for more information from reliable sources. Good health professionals value the relationships they have with their patients.

2. The American Hospital Association recommends asking your doctor about all of the various options for your treatment – the benefits, the risks and the side effects. Be a full partner in making decisions about your care.

3. Make sure you and every member of your health care team know about every prescription, over-the-counter medication, herbal product or dietary supplement you may be taking. Be sure your doctor knows about any allergies or adverse reactions you have to any medicine.

4. When your doctor writes a prescription, make sure you can read it and that you fully understand what it's for. Be sure you know exactly when and how to take it and that you are aware of any potential side effects your medication may cause.



*Sources: Agency for Healthcare Research and Quality and American Hospital Association

# ɔu say at the doctor's office.

ıen you pick up your medicine from the pharmacy, ask the pharmacist to confirm that it is in fact the medicine and the ge that your doctor prescribed.

ʻou have a test, be sure to call and get the results. No news is not necessarily good news.

ʻou need to stay at a hospital and you have a choice, choose one where many patients have had the procedure or ery you need.

ʻou're having surgery, be sure that your health care team agrees on exactly what will be done to exactly which part of your Having the surgeon mark the site to be operated on is a good idea.

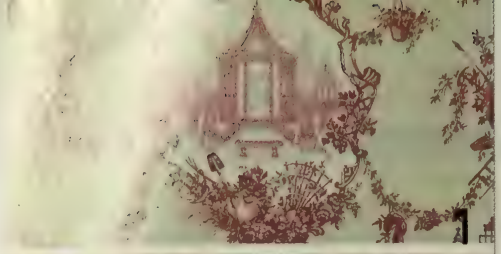
ıen being discharged from a hospital, ask your doctor or health professional to thoroughly explain the treatment plan you se at home, review your medications and coordinate your follow-up visit.

elieve that the more you know about your health, the healthier you'll be. Keep this information and share it with your family ʻour health care team. For more information on preventing medical errors and other health care-related topics, visit us at :unitedhealthfoundation.org and www.npsf.org

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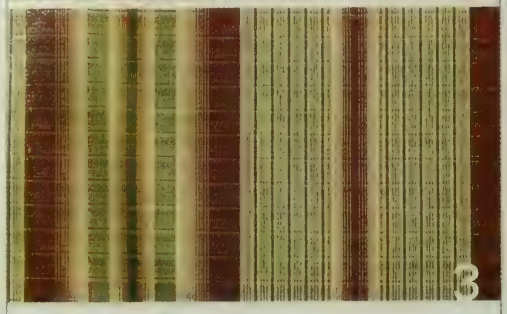
# Upholstery Fabric

continued from page 70










The grandfather [illegible] upholstered chairs [illegible] the traditio[illegible] wing back (*below*). [illegible] give it respect[illegible] treatment, dress it in a fabric of similar historic status, such as the toile pattern of fabric 1. The toile's framed scenes fit purposefully in the chair's back and seat. The strong vertical stripe of fabric 3 enhances the wing back's stature and broad shoulders. Fabric 4's simple, graphic motifs update the wing chair's classic lines, but the fabric matches its innate formality with an ordered arrangement of vintage-looking flowers.

## Which of these fabrics make the cut?






Which [illegible] the dud? Pale colors and a small-scale pattern make fabric 2 too weak for the visual heft of a wing chair. From a distance, the plaid dissolves into a busy check. This damask upholstery (*right*) is an elegant option for a pattern that is powerful but not conspicuous.

Take this quiz online and get buying tips for upholstered furniture at our Web site: www.bhg.com/extra

Buying information, page 240

# NEED A CHOLESTEROL LOWERING DRUG BUT WORRIED ABOUT SAFETY?

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**2. EXPERIENCE:** Pravachol has been trusted by doctors for more than 10 years and prescribed more than 72 million times.

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se see important
rmation on next page.

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## (pravastatin sodium) Tablets

*Brief Summary of Prescribing Information. For complete prescribing [illegible] circular*

**CONTRAINDICATIONS:** Hypersensitivity to any component of this medicat[illegible] sistent elevations in liver function tests (see **WARNINGS**). *Pregnancy and lacta[illegible]* and discontinuation of lipid-lowering drugs during pregnancy should have little [illegible]ge of pregnancy hypercholesterolemia. Cholesterol and other products of cholester[illegible]s for fetal development (including synthesis of steroids and cell membranes). Sin[illegible] cholesterol synthesis and possibly the synthesis of other biological activ[illegible]. may are contraindicated during pregnancy and in nursing mothers. **Pravastatin** s[illegible] childbearing age only when such patients are highly unlikely to conceive and [illegible] hazards. If the patient becomes pregnant while taking this class of drug therapy [illegible] and the patient apprised of the potential hazard to the fetus (see **PRECAUTIONS: Pre[illegible]**

**WARNINGS: Liver Enzymes:** HMG-CoA reductase inhibitors, like [illegible] have been associated with biochemical abnormalities of liver function. Increases of se[illegible] more than 3 times the upper limit of normal occurring on 2 or more (not necessarily [illegible] reported in 1.3% of patients treated with pravastatin in the US over an average period of [illegible] were not associated with cholestasis and did not appear to be related to treatment [illegible] abnormalities were believed to be related to pravastatin and who were discontinued [illegible] usually fell slowly to pretreatment levels. These biochemical findings are usually asymptomatic [illegible] experience indicates that anorexia, weakness, and/or abdominal pain may also be present in [illegible] from placebo-controlled clinical trial with pravastatin (Pravastatin Primary Prevention Study; see **CLINICAL PHARMACOLOGY**), the overall incidence of AST and/or ALT elevations to greater than three times the upper [illegible] in the pravastatin group as compared to 0.75% in the placebo group. One (0.03%) pravastatin-treated patient and 2 (0.06%) placebo-treated patients were discontinued because of transaminase elevations. Of the [illegible] at week 12, three of 2875 treated with pravastatin (0.10%) and one of the 2919 placeb[illegible] had elevations of AST greater than three times the upper limit of normal on two consecutive measurements and [illegible] discontinued due to elevations in transaminase levels during the 4.8 years (median treatment) of the study. It is recommended that liver function **tests be performed prior to and at 12 weeks following initiation** of therapy or [illegible] elevation of dose. Patients who develop increased transaminase levels or signs and symptoms of liver disease should be monitored with a second liver function evaluation to confirm the finding and be followed thereafter with frequent liver function tests until the abnormality(ies) return to normal. Should an increase in AST or ALT of three times the upper limit of normal or greater persist, withdrawal of pravastatin therapy is recommended. Active liver disease or unexplained transaminase elevations are contraindications to the use of pravastatin (see **CONTRAINDICATIONS**) Caution should be exercised when pravastatin is administered to patients with a history of liver disease or heavy alcohol ingestion (see **CLINICAL PHARMACOLOGY: Pharmacokinetics/Metabolism**). Such patients should be closely monitored, started at the lower end of the recommended dosing range, and titrated to the desired therapeutic effect. **Skeletal Muscle: Rare cases of** rhabdomyolysis **with acute renal failure secondary to myoglobinuria have been reported with pravastatin and other drugs in this class.** Uncomplicated myalgia has also been reported in pravastatin-treated patients (see **ADVERSE REACTIONS**). Myopathy, defined as muscle aching or muscle weakness in conjunction with increases in creatine phosphokinase (CPK) values to greater than 10 times the upper normal limit, was rare (<0.1%) in pravastatin clinical trials. Myopathy should be considered in any patient with diffuse myalgias, muscle tenderness or weakness, and/or marked elevation of CPK. Patients should be advised to report promptly unexplained muscle pain, tenderness or weakness, particularly if accompanied by malaise or fever **Pravastatin therapy should be discontinued if markedly elevated CPK levels occur or myopathy is diagnosed or suspected. Pravastatin therapy should also be temporarily withheld in any patient experiencing an acute or serious condition predisposing to the development of renal failure secondary to rhabdomyolysis, e.g., sepsis; hypotension; major surgery; trauma; severe metabolic, endocrine, or electrolyte disorders; or uncontrolled epilepsy.** The risk of myopathy during treatment with another HMG-CoA reductase inhibitor is increased with concurrent therapy with either erythromycin, cyclosporine, niacin, or fibrates. However, neither myopathy nor significant increases in CPK levels have been observed in three reports involving a total of 100 post-transplant patients (24 renal and 76 cardiac) treated for up to two years concurrently with pravastatin 10-40 mg and cyclosporine. Some of these patients also received other concomitant immunosuppressive therapies. Further, in clinical trials involving small numbers of patients who were treated concurrently with pravastatin and niacin, there were no reports of myopathy. Also, myopathy was not reported in a trial of combination pravastatin (40 mg/day) and gemfibrozil (1200 mg/day), although 4 of 75 patients on the combination showed marked CPK elevations versus one of 73 patients receiving placebo. There was a trend toward more frequent CPK elevations and patient withdrawals due to musculoskeletal symptoms in the group receiving combined treatment as compared with the groups receiving placebo, gemfibrozil, or pravastatin monotherapy (see **PRECAUTIONS: Drug Interactions**). **The use of fibrates alone may occasionally be associated with myopathy. The combined use of pravastatin and fibrates should be avoided unless the benefit of further alterations in lipid levels is likely to outweigh the increased risk of this drug combination.**

**PRECAUTIONS: General:** PRAVACHOL may elevate creatine phosphokinase and transaminase levels (see **ADVERSE REACTIONS**). This should be considered in the differential diagnosis of chest pain in a patient on therapy with pravastatin. *Homozygous Familial Hypercholesterolemia.* Pravastatin has not been evaluated in patients with rare homozygous familial hypercholesterolemia. In this group of patients, it has been reported that HMG-CoA reductase inhibitors are less effective because the patients lack functional LDL receptors. *Renal Insufficiency:* A single 20 mg oral dose of pravastatin was administered to 24 patients with varying degrees of renal impairment (as determined by creatinine clearance). No effect was observed on the pharmacokinetics of pravastatin or its 3α-hydroxy isomeric metabolite (SQ 31,906). A small increase was seen in mean AUC values and half-life (½) for the inactive enzymatic ring hydroxylation metabolite (SQ 31,945). Given this small sample size, the dosage administered, and the degree of individual variability, patients with renal impairment who are receiving pravastatin should be closely monitored. **Information for Patients:** Patients should be advised to report promptly unexplained muscle pain, tenderness or weakness, particularly if accompanied by malaise or fever (see **WARNINGS: Skeletal Muscle**). **Drug Interactions:** *Immunosuppressive Drugs. Gemfibrozil, Niacin (Nicotinic Acid), Erythromycin:* See **WARNINGS: Skeletal Muscle**. *Cytochrome P450 3A4 Inhibitors: In vitro* and *in vivo* data indicate that pravastatin is not metabolized by cytochrome P450 3A4 to a clinically significant extent. This has been shown in studies with known cytochrome P450 3A4 inhibitors (see diltiazem and itraconazole below). Other examples of cytochrome P450 3A4 inhibitors include ketoconazole, mibefradil, and erythromycin. *Diltiazem* – Steady-state levels of diltiazem (a known, weak inhibitor of P450 3A4) had no effect on the pharmacokinetics of pravastatin. In this study, the AUC and $C_{max}$ of another HMG-CoA reductase inhibitor which is known to be metabolized by cytochrome P450 3A4 increased by factors of 3.6 and 4.3, respectively. *Itraconazole* – The mean AUC and $C_{max}$ for pravastatin were increased by factors of 1.7 and 2.5, respectively, when given with itraconazole (a potent P450 3A4 inhibitor which also inhibits p-glycoprotein transport) as compared to placebo. The mean t½ was not affected by itraconazole, suggesting that the relatively small increases in $C_{max}$ and AUC were due solely to increased bioavailability rather than a decrease in clearance, consistent with inhibition of p-glycoprotein transport by itraconazole. This drug transport system is thought to affect bioavailability and excretion of HMG-CoA reductase inhibitors, including pravastatin. The AUC and $C_{max}$ of another HMG-CoA reductase inhibitor which is known to be metabolized by cytochrome P450 3A4 increased by factors of 19 and 17, respectively, when given with itraconazole. *Antipyrine:* Since concomitant administration of pravastatin had no effect on the clearance of antipyrine, interactions with other drugs metabolized via the same hepatic cytochrome isozymes are not expected. *Cholestyramine/Colestipol:* Concomitant administration resulted in an approximately 40 to 50% decrease in the mean AUC of pravastatin. However, when pravastatin was administered 1 hour before or 4 hours after cholestyramine or 1 hour before colestipol and a standard meal, there was no clinically significant decrease in bioavailability or therapeutic effect. (See **DOSAGE AND ADMINISTRATION: Concomitant Therapy**.) *Warfarin* Pravastatin had no clinically significant effect on prothrombin time when administered in a study to normal elderly subjects who were stabilized on warfarin. *Cimetidine* There was no clinically significant difference in the AUC of pravastatin when given with cimetidine as compared to placebo. The AUC for pravastatin when given alone. A significant difference was observed between the AUC's for pravastatin when given with cimetidine compared to when administered with antacid. *Digoxin* In a crossover trial involving 18 healthy male subjects given pravastatin and digoxin concurrently for 9 days, the bioavailability parameters of digoxin were not affected. The AUC of pravastatin tended to increase, but the overall bioavailability of pravastatin plus its metabolites SQ 31,906 and SQ 31,945 was not altered. *Cyclosporine* Some investigators have measured cyclosporine levels in patients on pravastatin and to date, these results indicate no clinically meaningful elevations in cyclosporine levels in one single-dose study, pravastatin levels were found to be increased in cardiac transplant patients receiving cyclosporine *Gemfibrozil* In a crossover study in 20 healthy male volunteers given concomitant single doses of pravastatin and gemfibrozil, there was a significant decrease in urinary excretion and protein binding of pravastatin. In addition, there was a significant increase in AUC, $C_{max}$, and $t_{max}$ for the pravastatin metabolite SQ 31,906. Combination therapy with pravastatin and gemfibrozil is generally not recommended. In interaction studies with *aspirin, antacids* (1 hour prior to PRAVACHOL), *cimetidine, nicotinic acid* or *probucol* no statistically significant differences in bioavailability were seen when PRAVACHOL was administered. Endocrine **Function:** HMG-CoA reductase inhibitors interfere with cholesterol synthesis and lower circulating cholesterol levels and, as such, might theoretically blunt adrenal or gonadal steroid hormone production. Results of clinical trials with pravastatin in males and post menopausal females were inconsistent with regard to possible effects of the drug on basal steroid hormone levels. In a study of 21 males, the mean testosterone response to human chorionic gonadotropin was significantly reduced (p=.004) after 16 weeks of treatment with 40 mg of pravastatin. However, the percentage of patients showing a ≥30% rise in plasma testosterone after human chorionic gonadotropin stimulation did not change significantly after therapy in these patients. The effects of HMG-CoA reductase inhibitors on spermatogenesis and fertility have not been assessed in adequate numbers of patients. The effects, if any, of pravastatin on the pituitary-gonadal axis in pre-[illegible] females are unknown. Patients treated with pravastatin who display clinical evidence of endocrine dysfunction should be evaluated appropriately. Caution should also be exercised if an HMG-CoA reductase inhibitor or other agent used to lower cholesterol levels is administered to patients also receiving other drugs (e.g., ketoconazole, spironolactone, cimetidine) that may diminish the levels or activity of steroid hormones. **CNS Toxicity:** CNS vascular lesions, characterized by perivascular hemorrhage and edema and mononuclear cell infiltration of perivascular spaces, were seen in dogs treated with another drug in this class at a dose of 25 mg/kg/day, a dose that produced a plasma drug level about 50 times higher than the mean drug level in humans taking 40 mg/day. Similar CNS vascular lesions have been observed with several other drugs in this class. Recently, similar drug-induced optic nerve degeneration (Wallerian degeneration of retinogeniculate fibers) was observed in dogs in a dose-dependent fashion starting at 60 mg/kg/day, a dose that produced mean plasma drug levels [illegible] times higher than the mean drug level in humans, taking the highest recommended dose (as measured by total [illegible] activity. This same drug also produced vestibulocochlear Wallerian like degeneration and retinal ganglion cell chromatolysis in dogs treated for 14 weeks at 180 mg/kg/day, a dose which resulted in a mean plasma drug [illegible] ilar to that seen with the 60 mg/kg/day dose. **Carcinogenesis, Mutagenesis, Impairment of Fertility:** In a 2-ye[illegible] rats fed pravastatin at doses of 10, 30, or 100 mg/kg body weight, there was an increased incidence of hepatocel[illegible] cinomas in males at the highest dose ($p < 0.01$) Although rats were given up to 125 times the human dose (HD) o[illegible] body weight basis, serum drug levels were only 6 to 10 times higher than those measured in humans given 40 m[illegible] tatin as measured by AUC. In a 2-year study in mice fed pravastatin at doses of 250 and 500 mg/kg/day, the[illegible] increased incidence of hepatocellular carcinomas in males and females at both 250 and 500 mg/kg/day ($p<.0[illegible]$ these doses, lung adenomas in females were increased ($p=0.013$). Serum drug levels were 30 to 40 times (250 m[illegible] and 50 times (500 mg/kg/day) that of humans given 40 mg pravastatin, as measured by AUC. In another 2-yea[illegible] mice with doses at up to 100 mg/kg/day (producing plasma drug levels up to 5 times human drug levels at 40 [illegible] were no drug-induced tumors. No evidence of mutagenicity was observed *in vitro*, with or without rat-liver metab[illegible] vation, in the following studies: microbial mutagen tests, using mutant strains of *Salmonella typhimurium* or *Escheri[illegible]* a forward mutation assay in L5178Y TK +/- mouse lymphoma cells; a chromosomal aberration test in hamster ov[illegible] gene conversion assay using *Saccharomyces cerevisiae*. In addition, there was no evidence of mutagenicity in either[illegible] inant lethal test in mice or a micronucleus test in mice. In a study in rats, with daily doses up to 500 mg/kg, prava[illegible] not produce any adverse effects on fertility or general reproductive performance. However, in a study with another [illegible] reductase inhibitor, there was decreased fertility in male rats treated for 34 weeks at 25 mg/kg body weight, alth[illegible] effect was not observed in a subsequent fertility study when this same dose was administered for 11 weeks (the e[illegible] of spermatogenesis, including epididymal maturation). In rats treated with this same reductase inhibitor at 180 m[illegible] seminiferous tubule degeneration (necrosis and loss of spermatogenic epithelium) was observed. Although not s[illegible] pravastatin, two similar drugs in this class caused drug-related testicular atrophy, decreased spermatogenesis, s[illegible] cytic degeneration, and giant cell formation in dogs. The clinical significance of these findings is unclear. **Pre[illegible] Pregnancy Category X.** See **CONTRAINDICATIONS**. Safety in pregnant women has not been established. Pravas[illegible] not teratogenic in rats at doses up to 1000 mg/kg daily or in rabbits at doses of up to 50 mg/kg daily. These doses[illegible] in 20x (rabbit) or 240x (rat) the human exposure based on surface area (mg/meter$^2$). Rare reports of congenital a[illegible] have been received following intrauterine exposure to other HMG-CoA reductase inhibitors. In a review[1] of approx[illegible] 100 prospectively followed pregnancies in women exposed to simvastatin or lovastatin, the incidences of congenit[illegible] alies, spontaneous abortions and fetal deaths/stillbirths did not exceed what would be expected in the general po[illegible] The number of cases is adequate only to exclude a three-to-four-fold increase in congenital anomalies over the ba[illegible] incidence. In 89% of the prospectively followed pregnancies, drug treatment was initiated prior to pregnancy and [illegible] continued at some point in the first trimester when pregnancy was identified. As safety in pregnant women has [illegible] established and there is no apparent benefit to therapy with PRAVACHOL during pregnancy (see **CONTRAINDIC[illegible]** treatment should be immediately discontinued as soon as pregnancy is recognized. PRAVACHOL (pravastatin sodium[illegible] be administered to women of child-bearing potential only when such patients are highly unlikely to conceive and h[illegible] informed of the potential hazards. **Nursing Mothers:** A small amount of pravastatin is excreted in human bre[illegible] Because of the potential for serious adverse reactions in nursing infants, women taking PRAVACHOL should not n[illegible] **CONTRAINDICATIONS**). **Pediatric Use:** Safety and effectiveness in individuals less than 18 years old have not bee[illegible] lished. Hence, treatment in patients less than 18 years old is not recommended at this time. **Geriatric Use:** Two s[illegible] prevention trials with pravastatin (CARE and LIPID) included a total of 6,593 subjects treated with pravastatin 40 mg[illegible] ods ranging up to 6 years. Across these two studies, 36.1% of pravastatin subjects were aged 65 and older and 0[illegible] aged 75 and older. The beneficial effect of pravastatin in elderly subjects in reducing cardiovascular events and in[illegible] ing lipid profiles was similar to that seen in younger subjects. The adverse event profile in the elderly was similar [illegible] the overall population. Other reported clinical experience has not identified differences in responses to pravastatin [illegible] elderly and younger patients. Mean pravastatin AUCs are slightly (25-50%) higher in elderly subjects than in healthy subjects, but mean $C_{max}$, $T_{max}$ and t½ values are similar in both age groups and substantial accumulation of pra[illegible] would not be expected in the elderly (see **CLINICAL PHARMACOLOGY: Pharmacokinetics/Metabolism**).

**ADVERSE REACTIONS:** Pravastatin is generally well tolerated; adverse reactions have usually been mild and tran[illegible] 4-month long placebo-controlled trials, 1.7% of pravastatin-treated patients and 1.2% of placebo-treated patien[illegible] discontinued from treatment because of adverse experiences attributed to study drug therapy; this difference [illegible] statistically significant. In long-term studies, the most common reasons for discontinuation were asymptomat[illegible] transaminase increases and mild, non-specific gastrointestinal complaints. (See also **PRECAUTIONS: Geriatric Use**.) **Adverse Clinical Events:** All adverse clinical events (regardless of attribution) reported in more than 2% of pravastat[illegible] ed patients in the placebo-controlled trials are identified in the table below; also shown are the percentages of pa[illegible] whom these medical events were believed to be related or possibly related to the drug:

| | All Events | | Events Attributed to Study Drug | |
|---|---|---|---|---|
| **Body System/Event** | **Pravastatin (N = 900) %** | **Placebo (N = 411) %** | **Pravastatin (N = 900) %** | **Placebo (N = 411) %** |
| Cardiovascular | | | | |
| Cardiac Chest Pain | 4.0 | 3.4 | 0.1 | 0.0 |
| Dermatologic Rash | 4.0* | 1.1 | 1.3 | 0.9 |
| Gastrointestinal | | | | |
| Nausea/Vomiting | 7.3 | 7.1 | 2.9 | 3.4 |
| Diarrhea | 6.2 | 5.6 | 2.0 | 1.9 |
| Abdominal Pain | 5.4 | 6.9 | 2.0 | 3.9 |
| Constipation | 4.0 | 7.1 | 2.4 | 5.1 |
| Flatulence | 3.3 | 3.6 | 2.7 | 3.4 |
| Heartburn | 2.9 | 1.9 | 2.0 | 0.7 |
| General | | | | |
| Fatigue | 3.8 | 3.4 | 1.9 | 1.0 |
| Chest Pain | 3.7 | 1.9 | 0.3 | 0.2 |
| Influenza | 2.4* | 0.7 | 0.0 | 0.0 |
| Musculoskeletal | | | | |
| Localized Pain | 10.0 | 9.0 | 1.4 | 1.5 |
| Myalgia | 2 7 | 1.0 | 0.6 | 0.0 |
| Nervous System | | | | |
| Headache | 6.2 | 3.9 | 1.7* | 0.2 |
| Dizziness | 3.3 | 3.2 | 1.0 | 0.5 |
| Renal/Genitounnary | | | | |
| Urinary Abnormality | 2.4 | 2.9 | 0.7 | 1.2 |
| Respiratory | | | | |
| Common Cold | 7 0 | 6.3 | 0.0 | 0.0 |
| Rhinitis | 4.0 | 4.1 | 0.1 | 0.0 |
| Cough | 2 6 | 1.7 | 0.1 | 0.0 |

*Statistically significantly different from placebo.

In three large, placebo-controlled trials (West of Scotland Coronary Prevention study [WOS], Cholesterol and Recurrent[illegible] study [CARE], and Long-term Intervention with Pravastatin in Ischemic Disease study [LIPID]) involving a total of [illegible] patients treated with PRAVACHOL (pravastatin sodium) (N=9895) or placebo (N=9873), the safety and tolerability pr[illegible] the pravastatin group was comparable to that of the placebo group over the median 4.8 to 5.9 years of follow-up [illegible] lowing effects have been reported with drugs in this class; not all the effects listed below have necessarily been ass[illegible] with pravastatin therapy. *Skeletal* myopathy, rhabdomyolysis, arthralgia. *Neurological* dysfunction of certain cranial [illegible] (including alteration of taste, impairment of extra-ocular movement, facial paresis), tremor, vertigo, memory loss, pa[illegible] sia, peripheral neuropathy, peripheral nerve palsy, anxiety, insomnia, depression. *Hypersensitivity Reactions* An ap[illegible] hypersensitivity syndrome has been reported rarely which has included one or more of the following features: anapl[illegible] angioedema, lupus erythematous-like syndrome, polymyalgia rheumatica, dermatomyositis, vasculitis, pl[illegible] thrombocytopenia, leukopenia, hemolytic anemia, positive ANA, ESR increase, eosinophilia, arthritis, arthralgia, ur[illegible] asthenia, photosensitivity, fever, chills, flushing, malaise, dyspnea, toxic epidermal necrolysis, erythema multiforme, [illegible] ing Stevens Johnson syndrome. *Gastrointestinal* pancreatitis, hepatitis, including chronic active hepatitis, cholestatic [illegible] dice, fatty change in liver, and, rarely, cirrhosis, fulminant hepatic necrosis, and hepatoma, anorexia, vomiting. *Skin* [illegible] cia, pruritus. A variety of skin changes (e.g., nodules, discoloration, dryness of skin/mucous membranes, chan[illegible] hair/nails) have been reported. *Reproductive* gynecomastia, loss of libido, erectile dysfunction. *Eye* progression of ca[illegible] (lens opacities), ophthalmoplegia. *Laboratory Abnormalities:* elevated transaminases, alkaline phosphatase, and bi[illegible] thyroid function abnormalities. **Laboratory Test Abnormalities:** Increases in serum transaminase (ALT, AST) values ar[illegible] have been observed (see **WARNINGS**). Transient, asymptomatic eosinophilia has been reported. Eosinophil counts [illegible] returned to normal despite continued therapy. Anemia, thrombocytopenia, and leukopenia have been reported with HM[illegible] reductase inhibitors. **Concomitant Therapy:** Pravastatin has been administered concurrently with cholestyr[illegible] colestipol, nicotinic acid, probucol and gemfibrozil. Preliminary data suggest that the addition of either probucol or [illegible] brozil to therapy with lovastatin or pravastatin is **not** associated with greater reduction in LDL cholesterol than that ac[illegible] with lovastatin or pravastatin alone. No adverse reactions unique to the combination or in addition to those previously [illegible] ed for each drug alone have been reported. Myopathy and rhabdomyolysis (with or without acute renal failure) have [illegible] reported when another HMG-CoA reductase inhibitor was used in combination with immunosuppressive drugs, gemf[illegible] erythromycin, or lipid-lowering doses of nicotinic acid. Concomitant therapy with HMG CoA reductase inhibitors and [illegible] agents is generally not recommended. (See **WARNINGS: Skeletal Muscle** and **PRECAUTIONS: Drug Interactions**.)

**OVERDOSAGE:** To date, there are two reported cases of overdosage with pravastatin, both of which were asymptomat[illegible] not associated with clinical laboratory abnormalities. If an overdose occurs, it should be treated symptomatically and [illegible] portive measures should be instituted as required.

**REFERENCE:** 1Manson JM, Freyssinges C, Ducrocq MB, Stephenson WP Postmarketing Surveillance of Lovastati[illegible] Simvastatin Exposure During Pregnancy. *Reproductive Toxicology* 10(6) 439-446, 1996

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# better by design

**Celebrate the season** with festive holiday tables that call family and friends to gather round. These beautifully composed place settings offer colorful inspiration and do-it-yourself ideas for all kinds of merrymaking—from a Christmas luncheon to a Hanukkah soiree.

by Joseph Boehm and Sarah Egge





# A Bountiful Harvest

Calling on us to remember the blessings of food and community, a harvest table welcomes guests with the spirit of Thanksgiving. A traditional cornucopia anchors the table setting, spilling its contents of friendly daisies, gold-tipped artichokes, and wheat—the sign of harvest. Chunky amber glassware, russet stoneware chargers, and dinnerware featuring a hand-painted leaf motif take their cues from autumn foliage. continued on page Z4





**Often used at Thanksgiving, the cornucopia (*left*) is a symbol of abundance. It's also called the Horn of Plenty after the Greek nymph Amalthea's horn, which would become filled with whatever its possessor wished.**

**A casual tone is set at each place (*above*) with thick-stemmed amber goblets, hand-painted pottery dinnerware, and a mix of plain, stainless flatware and pieces with elegant faux-wood handles. Napkins threaded with gold are tied with twine (*right*), providing a similarly intriguing contrast.**

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To make these screens for tea lights (*left*), cut a 5×8-inch piece of fine mesh, which is available at crafts stores in a variety of metals. Fold a ¼-inch "hem" around all sides. Lay the screen face down; working from a 4½-inch-wide end, begin folding up. Make a series of folds about ¼-inch apart, using a bone folder (also at crafts stores) to make neat creases (*below*). Fasten the screen into a cylinder by tacking it with fine brass wire or thread at the top, middle, and bottom of the seam. Hang beaded wire strands on jewelry clips over the upper lip of the cylinder.

To create a casual, welcoming table, be imprecise about its setup. Pair dishes of different materials, such as porcelain, pottery, or glass. Opt for stainless-steel flatware or a simple sterling pattern, and choose glassware instead of cut crystal. Compose a loose arrangement for the centerpiece (see *page Z1*), including a mix of fruits, vegetables, flowers, and other natural elements, such as stones or leaves. We boosted the arrangement with shimmer and shine from gilded tree leaves, artichokes with a bit of gold foil added to the inedible part of the leaves, and votive candles flickering behind gold mesh screens.



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continued from page Z4



To make the centerpiece (*left*), first cut a tree branch. The branch is rooted in floral foam in a florists' shallow container. After anchoring the branch, hide the foam with fake snow, and sprinkle a few flakes on the tabletop. To give the branch a snow-dusted look, brush on a decorative paint product that mimics snow. Look for clip-on bird ornaments at department stores.



The toile dinnerware (*above*) spurs the overall scheme: Rose-tinted crystal goblets play a colorful part.

# Turning Crimson

Not every holiday get-together can be an evening event. Consider a festive luncheon instead, and think light and bright for the scheme. Two classic colors this time of year suit that thought nicely: red and white. Dinnerware with a toile pattern and a table skirt made from vintage-looking floral fabric provide the foundation. Add solid-color ruby-glass salad plates and white stoneware chargers to separate the patterns.

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Tiny egg cups are the right-size vessels for small, personal flower arrangements (*left*). Cluster the blooms and wrap their stems with florist's tape, then put them in water-filled cups.



To fold a rose-bud napkin (*below*), first fold the napkin in half lengthwise. Starting from the folded edge, roll it into a long tube. Flatten the tube so the hemmed napkin edges are on one side of the tube.

Fold up about 4 inches of one end of the tube. Wrap the rest of the tube around the folded-up portion (*above*), and tuck the end under the bottom of the rose. Insert a leaf place card into the folds.



You might have the fixings for a holiday setting among your everyday tableware and collections. On this table, only the color scheme—reminiscent of Santa's suit—and the snow-dusted centerpiece allude to the occasion and time of year. Cardinal bird ornaments and folded-rose napkins fit the scheme because of their color, and they offer a refreshing change from tired holiday clichés. When you go hunting for items to dress a table, look for colors that hint of the holiday, and don't be afraid to mix in a motif or collectible that seems unrelated.

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Give guests a traveling bag filled with small gifts to take on their journeys. Sewn from gold silk, it is slung across diners' chairs (*left*).

The palette of fuchsia, gold, and azure blue (*below*) looks festive for the occasion, but it also conveys a Moroccan influence.





The traditional gift of gelt—gold-covered chocolate coins—influenced the choice of gold-trimmed dinnerware and flatware (*above*). A handmade box holds the gelt in a tidy package.

# Worldly Traditions

The Moroccan look of this Hanukkah table is no accident—it's intended to celebrate the influence Judaism has had around the world as Jews dispersed, carrying their faith and culture with them. The focal point of the table is the tiered server loaded with Hanukkah hallmarks: a dreidel collection and a menorah. A fuchsia sarong with a paisley motif makes a fine tablecloth and kicks off the boisterous color scheme, which includes azure blue—like the Mediterranean Sea—as its complement.

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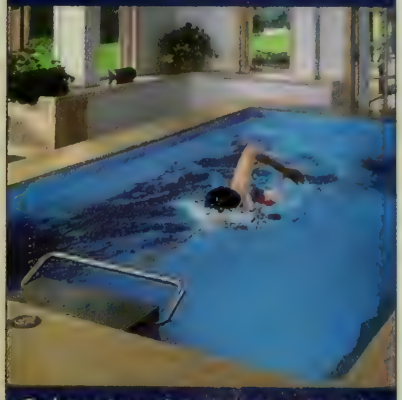
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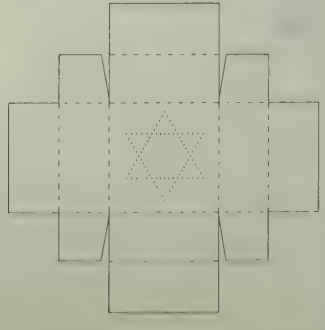
## better by design

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**To make this gelt box, copy and enlarge the pattern (*below*) until it measures 6 inches from top to bottom. Trace the pattern twice onto 36-gauge brass tooling foil (from crafts stores) for a box top and bottom; cut them out with scissors. Place the star pattern over one cutout and use an awl to punch the pattern (*above, top*). Score and fold the lid and bottom using a bone folder (from crafts stores). Fold in any sharp edges (*above, bottom*).**



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Silver-plate mint julep cups at each place setting (*left*) hold an alternate beverage: a dessert wine or, more appropriate for this chilly environment, a hot toddy.

The table's theme of frost and ice is presented in a combination of cold elements (*below*)—metal, cut crystal, and pearlized glass.



## A Winter Woodland

Shimmering surfaces make this tabletop setting glitter like freshly fallen snow. Crystal goblets combined with flatware featuring mother-of-pearl handles, and pearlized white-glass dinnerware set a frosty scene. Silver mint julep cups and pewter accessories add glints of cold metal. Peeking through the snowy field are pinecones, moss-covered balls, and sprigs of fir massed in a pewter bowl.

continued on page Z22



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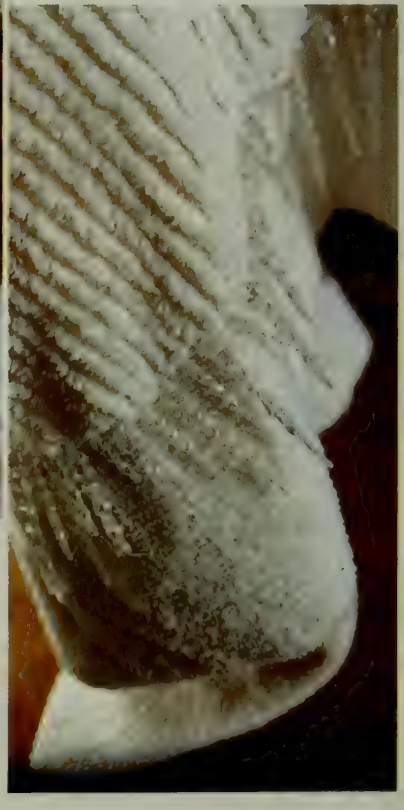
# THE PHRASE
# ME MOM?"

continued from page Z18



This pewter bowl centerpiece (*left*) contains the spoils of a woodland scavenging hunt—moss balls, spruce sprigs, and pinecones. Add white cluster roses and hand-painted silver ornaments for a touch of refinement.

A tablecloth made from a readymade chenille bedspread is a plush, snowy backdrop for the table settings. A plastic icicle tree garland (*below*) makes a glittery trim for the hem.



Even if temperatures in your area tend toward tropical this time of year, this snowy setting can be as enchanting as the real thing. That's the fun of setting a scene for a dinner get-together. You can transport your guests to another place, time, and climate simply by gathering convincing elements and turning the lights down low. Look in crafts stores for the centerpiece ingredients, and linens stores for the chenille bedspread (or fabric stores for chenille yardage).

continued on page Z24


"You can see the tangy sweet cranberries and the sliced almonds. What you can't see are the hours Beth spent in our kitchens to get the combination just right."
–Sophia Yang, Post Cereals
Post
Cranberry Almond Crunch
Post
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## better by design

continued from page Z22

When entertaining guests for a special occasion, it's nice to give them a memento to take home that recalls the evening. Make the "take home" idea literal by putting yogurt-covered raisins and nuts in a container that looks like a Chinese-food take-out carton. The containers can be made from vellum, using buyable patterns from the crafts store. Because the vellum is slightly translucent, the soft, white shapes of the trail mix inside look like tiny snowballs. A twine tie picks up the nature theme.



continued on page Z26
Buying information, page Z31





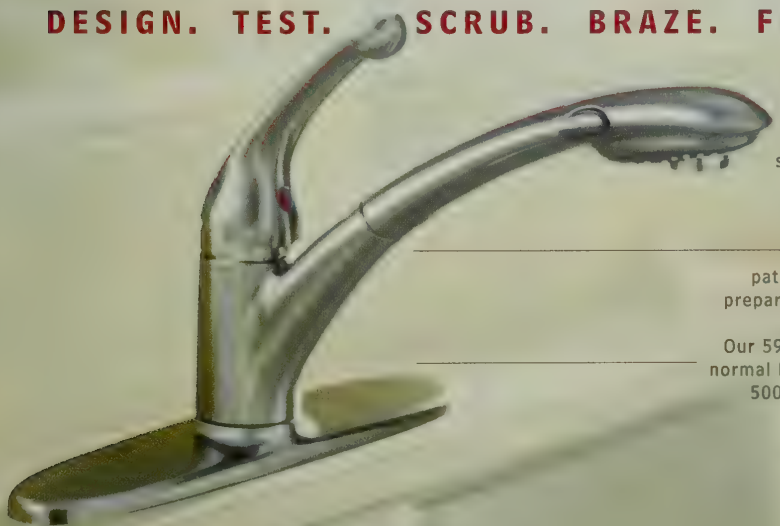


Color-copied birch bark glued to stiff paper makes woodsy napkin rings (*right*) and place cards (*left*). For the napkin rings, cut 2×6-inch strips and tape them into rings. Punch holes along the seam with an awl; lace twine through the holes, tying it with a square knot. To get the rough edges on the place cards, tear out a rectangle using a straight edge. Fold it in half, and write the name on the outside.





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continued from page Z25



Use real gifts or wrap empty boxes to fill this handmade toy bag (*below*).





A tablecloth made from a large piece of black vinyl (available at fabric stores) gives the table a dramatic foundation (*above, left*), suggestive of Santa's sleigh seat.

Dinner plates feature a variety of Christmas motifs related to Santa's visit, including a spindly Christmas tree (*above*). Red glassware with thick stems remind us of Rudolph's red nose.

# Dinner with Santa

You're never too old to believe in Santa Claus—or at least the jolly notion of Santa. Capture his festive spirit and transport yourself to a more innocent time with this St. Nick-inspired table, pulled up to the fireplace to await his arrival. Entertain friends with decorations including a toy bag centerpiece, boots filled with candy, Santa's belt napkin rings, and dinnerware with Christmas motifs.

continued on page Z30

# Taste the best the world has to offer.



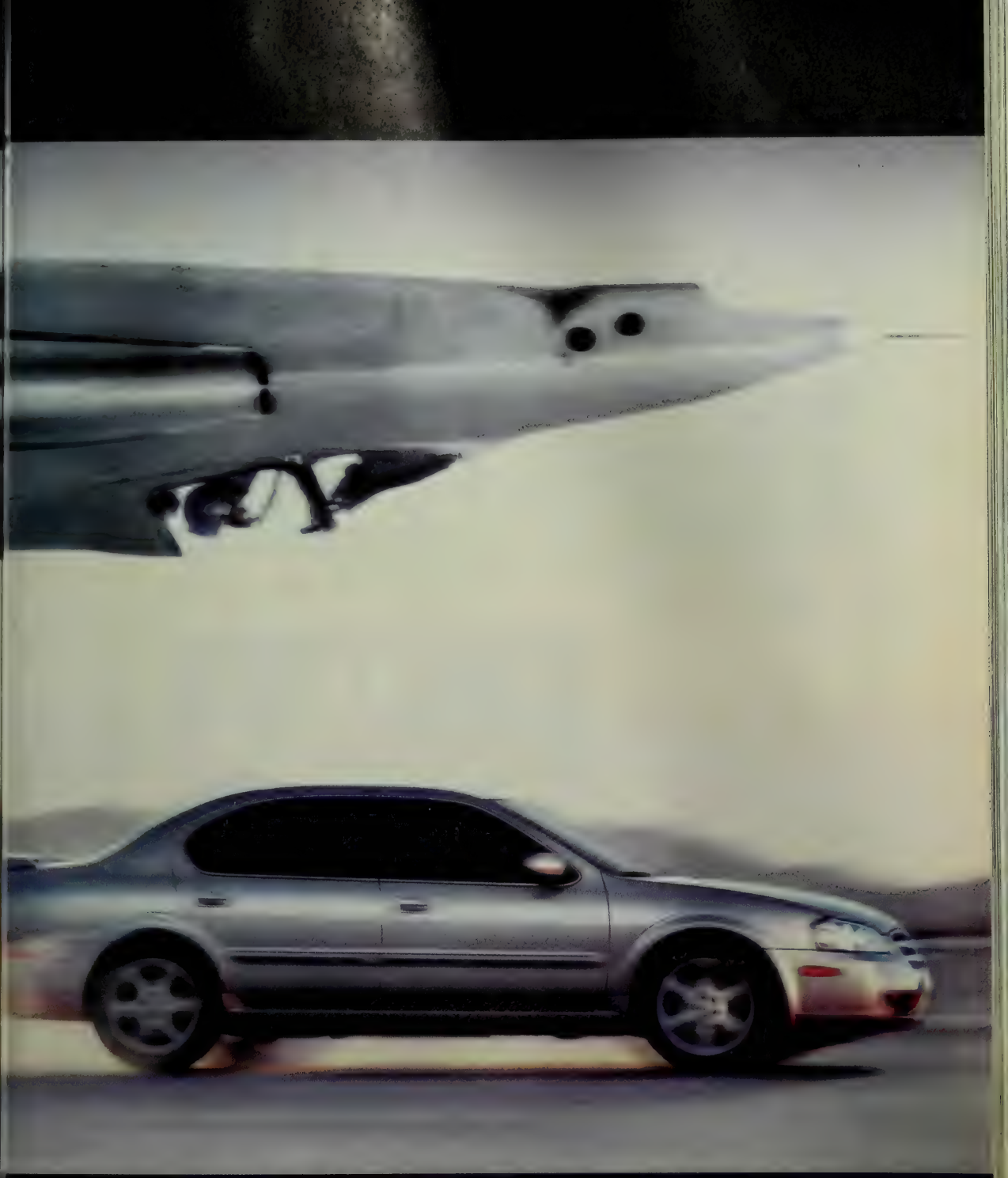
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R: 255



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A Santa Claus table has obvious appeal for youngsters, but you might need to jog the memories of jaded adults to get them into the spirit. Recreate everything that makes Santa lovable—fur-topped boots, a bag full of goodies, and his magical sleigh. Then put them into a sophisticated context: Fill the boots with candy for a take-home gift. Tuck holly and roses into the bag of gifts to make it into a centerpiece. And use a miniature sleigh to ferry salt-and-pepper shakers.

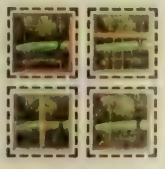
Buying information, page Z31



**Fashion Santa's belt napkin rings (*above*) out of black satin ribbon and vest buckles from the fabric store.**

**Children's rubber galoshes in black and red make perfect miniature Santa's boots (*left*). Glue on a cuff of fake white fur and fill them with peppermint candies.**

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# buying guide

Some of the products shown editorially in the Better by Design section of *Better Homes and Gardens®* magazine can be obtained locally. For more information, contact the manufacturers listed below.

**A Bountiful Harvest**

**Page Z1 Cornucopia,** 436592—Midwest of Cannon Falls; 800/776-2075; www.midwestofcannonfalls.com. **Pages Z2-Z3 (*left*): glassware,** Classic Amber—Vetri Inc.; 800/277-5933. **Plain Flatware,** Obelus—Oneida Silversmiths; 800/877-6667; www.oneida.com. **Faux teak flatware,** Claridge—Scof-Mariposa; 800/788-1304; www.mariposa-gift.com. **Napkins and tablecloth**—Casadi Badia Karen Lorenz Paichetti Via Ballerini 4 50041 Croci di Calenzano (Firenze) Italy 50041. Fax 39 055 887 69 07; www.casadibadia.com. **Bottom plate,** paprika charger; **bowl,** Fiori Di Bosco—Vetri, Inc.; for more information call 800/277-5933. **Cornucopia,** 436592—Midwest of Cannon Falls; 800/776-2075; www.midwestofcannonfalls.com

**Turning Crimson**

**Page Z8 (*left*): clip on red birds with silver tail,** 246092—Midwest of Cannon Falls; 800/776-2075; www.midwestofcannonfalls.com. **Fabric for tablecloth,** [illegible] print—available at local fabric stores. **Stemware**—Pier 1 Imports; for a local retail store call 800/447-4371. **Plate, cup, saucer, egg cups,** Old Britain Castles (Pink)—Johnson Brothers; 800/955-1550. **Bottom plate,** Edme—Wedgwood; 800/955-1550. **Flatware,** Gorham Beaded Bouquet 6188635—Lenox Brands; 800/635-3669. **Page Z10: egg cup, plate,** Old Britain Castles (Pink)—Johnson Brothers; 800/955-1550. **All other items**—antique, discontinued, or a personal belonging.

**Worldly Traditions**

**Page Z14 (*left*): gift wrapped bud vases on tray**—Two's Company; 800/896-7266. **Tray**—Department 56, Inc.; for a retail store near you call 800/548-8696; or visit www.department56.com. **Flatware,** Golden Juillard—Oneida Silversmiths; call 800/877-6667; www.oneida.com. **Blue rimmed plate,** Sparke (Sky blue); **rose rimmed service plate,** Sparke (Opaline rose)—Bernardaud; 800/884-7775; www.bernardaud.net. **Amber stemware**—Pier 1 Imports; for a local retail store call 800/447-4371. **Wine glass,** Gorham Sunset—Lenox Brands; 800/635-3669. (***Top right*): stemware**—Pier 1 Imports; for a local retail store call 800/447-4371. **Beaded napkin ring**—Zodax, 14040 Arminta St., Panorama City, CA 91402; 800/800-3443; www.store.zodax.com. **Napkins,** Rinceaux (Syracuse blue); **table cloth,** Rinceaux (Raspberry)—Bernardaud; 800/884-7775; or visit www.bernardaud.net. (***Bottom right*): foil for box**—local craft or hobby stores. **Flatware,** Golden Juillard—Oneida Silversmiths; 800/877-6667; www.oneida.com. **Dinner plate,** Sparke (Sky Blue)—Bernardaud; 800/600-1744; www.bernardaud.net.

**A Winter Woodland**

**Page Z18: pewter bowl for centerpiece and chargers at place setting**—Arte Italica; available at Amen Wardy; 702/734-1433. **Wavy edged plate,** Antheor Beauregard (Cream)—Bellevie Co., Inc; 973/895-9300; www.bellevieinc.com. **Salad plate and cereal bowl,** Luna-opal—Rosanna Imports; 1239 South King St., Seattle, WA 98144; 206/325-8883. **Flatware,** Clanecy Nacre (Ivory)—Scof-Mariposa; 800/788-1304; www.mariposa-gift.com. **Mint Julip cups,** XC1750; **Gorham stemware,** Lady Anne—Lenox Brands; 800/635-3669. **Flatware,** Clanecy Nacre (Ivory)—Scof-Mariposa; 800/788-1304; www.mariposa-gift.com.

**Page Z22: silver handpainted ornaments,** set of 3, 414989—Midwest of Cannon Falls; 800/776-2075; www.midwestofcannonfalls.com. (***Right*): tablecloth from bedspread,** Natural Chenille Coverlet NC615K—linensource; to order a catalog call 800/431-2620; www.linensource.com. **Garland on edge of tablecloth,** Icicle Garland, 317044—Midwest of Cannon Falls; 800/776-2075; www.midwestofcannonfalls.com.

**Dinner with Santa**

**Page Z26 (*left*): flatware,** Gorham Essex 6185425—Lenox Brands; 800/635-3669. **Tabletop sleigh,** 405444—Midwest of Cannon Falls; 800/776-2075; www.midwestofcannonfalls.com. **Red goblets,** Laura Glass—T.J. Maxx; for a store near you call 800/285-6299; www.tjmaxx.com. **Accent plates,** Classic Accent plates, 6121792—Lenox Brands; 800/635-3669. **Chargers,** Adirondack (Red)—Fitz & Floyd; for more information call 800/328-9955

**Page Z30: black boot,** Weather Guard—Gisslen's Stride Rite; 515/225-2596.





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# Parent-Pampering Baths

by Laura O'Neil



When the how-tos of family life start to outweigh adult want-tos, it's pure joy knowing that a personal sanctuary is within reach.

**Taking time to rejuvenate.** A master bath has always been a place of retreat and, to some extent, indulgence. But these days, when everyone is so rushed, the opportunity to soak in a tub of hot, scented water is all the more refreshing.

Mary and Bill Culver designed their new 12×18-foot bath as a place to soothe tired nerves and nourish spirits. The dual-career couple work at home as real estate professionals, selling houses in nearby San Diego.

The master bath was part of a larger remodeling of their California farmhouse on an acreage in pastoral Rancho Santa Fe. The home features expansive open rooms with beamed ceilings and numerous windows and doors. In keeping with these qualities, the couple wanted an efficient and classically detailed bath, but not something overwhelming. "I really like to use white in woodwork and materials," says Mary. "It's very soothing." The lightness of the room also comes from a custom skylight.

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# Parent-Pampering Bat

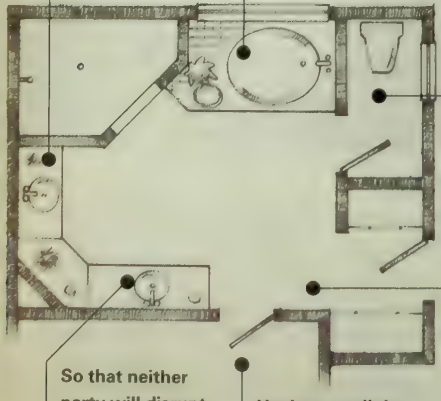
continued from page 77



Having natural light pour into the master bath was very important to the Culvers, but finding the right skylight (*left*) to complement the room's country look was difficult. They selected a skylight that could be covered by an operational window more to their tastes.

His-and-her vanities allow ample space for Mary and Bill to get ready at the same time.

The generously sized limestone-rimmed tub and separate shower offer a touch of luxury before or after a hard day.



For privacy, the toilet is situated in a completely enclosed area with a door.

Splashes of water will not harm the sealed Southern pine floor. "A quick damp mop and it's clean," says Mary.

So that neither party will disrupt the other, each lavatory comes equipped with its own mirrors and drawers.

Having a walk-in closet off the bathroom places the couple's clothing where they need it, eliminating steps back to the bedroom.



Dual bureaus (*above*) were added on opposite sides of the small hallway leading from the bedroom to the bath. They contain both drawers and shelves, and eliminate the need for bulky, space-robbing furniture in the bedroom.

continued on page 80

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Dual Action Whitening from Crest. Unlike ordinary toothpaste,* it removes stains from your teeth to make them white and then puts on a protective layer to help keep them white. It's time to make stains find a place of their own.

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## Parent-Pampering Ba

continued from page 78

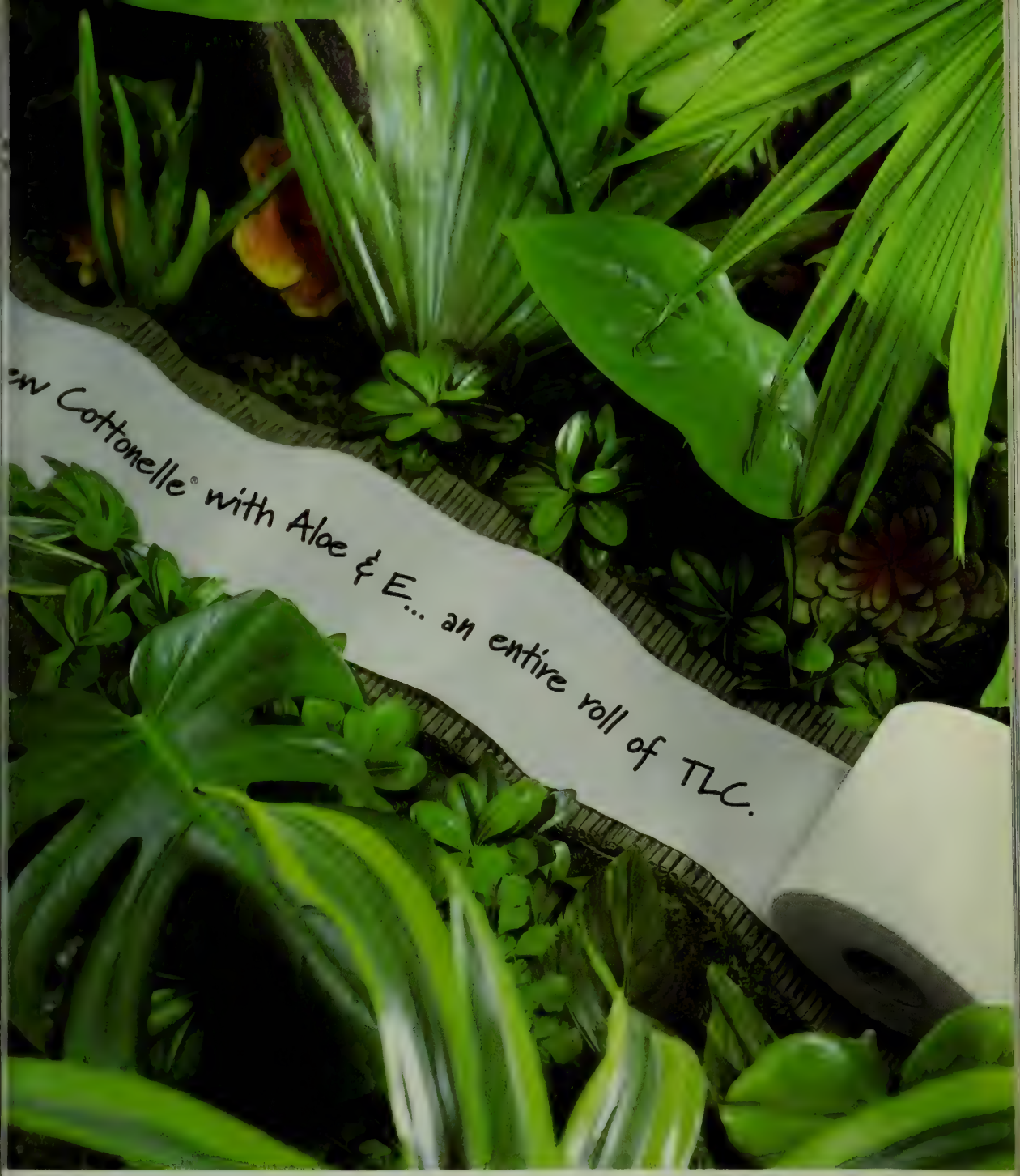


**Making a clean getaway.** Whatever the hour, Seattle-area residents Trish and Tom Lennon look forward to washing away the day's cares at their in-home oasis. Their busy schedules are not uncommon for their careers: He's a business executive and she's a physician.

The remodeled 12×17-foot master bath now captures light from a bank of windows over the tub and a skylight. Such features not only increase the amount of sunlight that enters the room, but also bring the beauty of the outdoors inside. The couple has a relaxing view of hemlock and cedar trees that surround their home. "We wanted the feel of having a cabin in the woods," says Tom.

The Lennons' suite also features a smart floor plan, with a walk-in closet strategically placed as a sound buffer between the bath and one child's bedroom. So when Dr. Mom is called on early morning emergencies, she doesn't awaken her son.

continued on page 83




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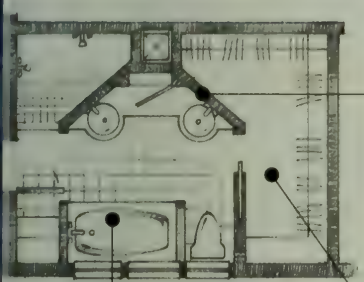
# Parent-Pampering Baths

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The Lennons' master bath (*left*) boasts a custom-designed vanity with two deep sink basins and a handy laundry chute installed in between. Frames for the mirrors replicate the trim on the walnut door.

A large walk-in, double-headed shower (*below*) suits the active couple just fine, and it eliminates the need for a door or shower curtain. Double exhaust fans keep steam from entering the closet area.



Putting the vanity on an angle streamlined it and allowed for maximum space to be used in the shower and closet.

With a skylight positioned directly above it, this tub offers the opportunity for a moonlight soak.

The walk-in closet serves as a sound barrier between the bathroom and a child's room.



## MASTER BATH WISH LIST

Master baths are designed to accommodate two users at once. Efficiency, for those busy mornings when minutes count, is just as important as a sense of pampered luxury. Actual space requirements will vary according to what features you choose. Some of today's most popular amenities in master baths include:

1. Two vanities, each with its own lavatory and mirror, or one long vanity that is equipped with two lavatories.
2. A toilet that occupies its own enclosed or semienclosed space for added privacy.
3. A sauna or steam shower.
4. Dual showerheads, one fitted at each end of a double shower, or a separate shower and tub so two people can wash off at once.
5. An extra-large whirlpool tub or a soaking tub.
6. Customized fixtures to fit both users; for example, dual showerheads can be installed at different levels, and vanity heights can vary up or down from standard 32 inches.
7. Radiant-heat flooring and towel warmers.
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9. Easy access to the dressing area and separate walk-in closets.
10. Adjoining nooks for exercise equipment or a personal laundry.

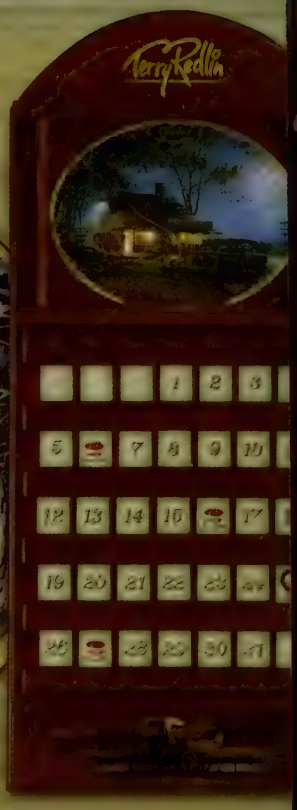
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# Terry Redlin's [illegible] to Remember

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Perfect for making each day an occasion! A whole year's worth of enchanting art by the famed Terry Redlin, named America's most-popular artist by *U.S. ART* magazine eight years in a row, is now available for the first time in a collector's plate calendar series with a FREE** hardwood display—*a $75.00 value*—plus 54 date and special occasion tiles.

Every month of the year from January through December, twelve hand-numbered collector's plates banded in 22-karat gold will help you enjoy all the seasons, bringing you the artist's most-sought work in one spectacular collection.

Demand is expected to be strong, and editions are limited, so act now. To acquire *Terry Redlin's Seasons to Remember* at the $29.95 per-plate issue price—[illegible] by the Bradford Exchange unconditional 365-day guarantee—send no money. Just mail the coupon.

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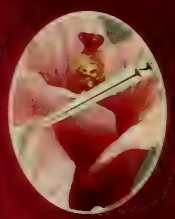
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By James A. Hufnagel

# Family-Friendly Basements



Relocating heating pipes in this older home would have been costly, so the owners simply painted the pipes with the same white used elsewhere.

The media wall features open niches for audio/video gear, plus spots for built-in speakers at left, right, and center.

Choose a variety of seating pieces that rearrange easily to accommodate viewing or visiting. Treated fabric shrugs off the occasional soft drink spill.

Underlayment levels the original concrete floor and provides a cushy base for rich blue carpeting.

Basements need lots of artificial light. Here, dimmer-controlled recess fixtures are tucked between floor joists above.

When the lights go down, the show comes up on this big-screen TV. Because you can easily control lighting, basements are a natural for creating a theaterlike atmosphere.

Cabinets beneath the screen store CDs, tapes, DVDs, and board games.

For an upscale look, invest in furnishings that don't seem like living room leftovers or thrift store finds.

Living down under can be every bit as delightful as life above ground. Check out the strategies used in these basements for ideas on upgrading the below-grade spaces in your home.

continued on page 88


Your little angels can't stay little forever. The calcium in milk is just what they need to help their bones grow. Now if you could only keep them from getting older.
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Super Size
Medium
Small

## Family-Friendly Basements

continued from page 86

Sparkling white beadboard covers the original cement-block walls in all parts of the basement. A computer station nestles into one corner, and a snack bar saves trips up to the kitchen.





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The desk area opposite the TV includes open shelves that organize children's games, books, and trophies.

Beadboard paneling attaches to furring strips glued to the block wall.

Because Mom and Dad also use this computer station, they planned drawers and pull-out files to keep office supplies and household records close at hand. Situating the computer in a corner makes good use of the otherwise awkward space.

Glass doors put after-school snacks on view. Lighting under the cabinets illuminates the counter below.

The snack bar includes a compact sink and under-counter refrigerator for soft drinks.



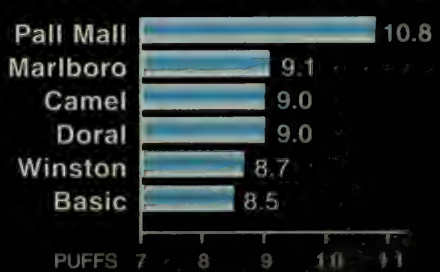
continued on page 90



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Avg. Puffs Per Cigarette
Source: B&W Analytical Test Results (FTC Method)
Comparison of Pall Mall, Marlboro, Winston, Camel, Doral and Basic Filter Box 100's

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continued from page 89

The owners of this home enjoy vacationing in Michigan's north woods, so they finished their basement media/game area with the look of a cozy, wood-paneled log cabin.

Dropping the ceiling accommodated heating ducts. Pine trim dresses up the expanse of drywall.

Knotty white pine siding is applied horizontally rather than vertically in keeping with the cabin look.

Most basements include structural steel posts. Builder/designer Ron Roell concealed them with hollowed-out pine logs that further the woodsy motif.

Commercial-grade carpeting covers the concrete slab. Beneath it is a rubber pad; foam pads may deteriorate under humid conditions.



Recessed cans illuminate the basement without taking up valuable overhead space.

Most building codes require a basement room to have a minimum ceiling height of 90 inches (7 feet, 6 inches) for at least half the space. Exceptions include bathrooms, kitchens, and hallways, which can have ceiling heights of 85 inches.

Speakers hide behind black grill cloth under the TV screen. They're framed with crating lumber that was hand-selected at a lumberyard.

Cozy, durable leather furniture completes the lodge look.

continued on page 92

Easy Chocolate Marshmallow Mousse.
Makes you wish
this ad was scratch & lick.

EASY CHOCOLATE MARSHMALLOW MOUSSE
Prep: 10 minutes ■ Makes 10 servings.

ps cold milk ■ 2 pkg. (4-serving size each)
0 Chocolate Flavor Instant Pudding & Pie Filling.
2 cups thawed Cool Whip Whipped Topping.
2 cups Jet-Puffed Miniature Marshmallows.
itional Cool Whip Whipped Topping
et-Puffed Miniature Marshmallows, for garnish.

POUR: milk into large bowl, add pudding mixes. BEAT: with wire whisk 2 minutes or until well blended (mixture will be thick) ■ Gently stir in whipped topping and marshmallows ■ Spoon into 10 (6-oz.) dessert dishes. REFRIGERATE: at least 1 hour ■ Garnish with additional whipped topping and miniature marshmallows.



KRAFT
JET-PUFFED marshmallows
JELL-O PUDDING

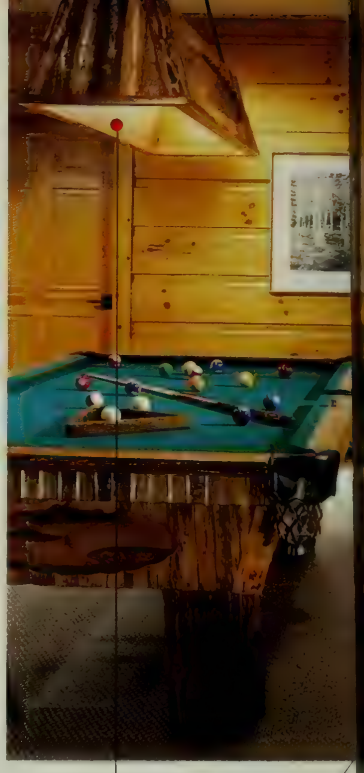
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Compared to Woolite Spot and Stain Wipes, just about any method for dealing with carpet and upholstery stains seems involved. These handy wipes are all you need to quickly get stains out of fabrics in the house or even in the car. Just tear one off and go at it. What could be easier?

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A long light fixture illuminates the regulation-size pool table, which sits in a roomy area near the kitchenette. Because there's plenty of space, players don't need short cues, which would make the game awkward.

The kitchenette includes a sink, microwave oven, refrigerator, freezer, and dishwasher, so this space can function independently from the home's kitchen. Stools pull up to the snack bar peninsula. Like the fireplace, the bar is faced with rustic stone.

## Family-Friendly Basements

continued from page 90

This basement lodge boasts more than movies; extras include a pool table, fireplace, and kitchenette. The design is versatile enough to serve as a fun gathering spot for young children, teens, or adults.





Angling the fireplace across a corner lessened the room's boxy shape.

The mantel consists of a slab of pine supported by pine logs.

A direct-vent gas fireplace makes special sense in a basement redo because it doesn't need a conventional chimney.

Buying information, page 279



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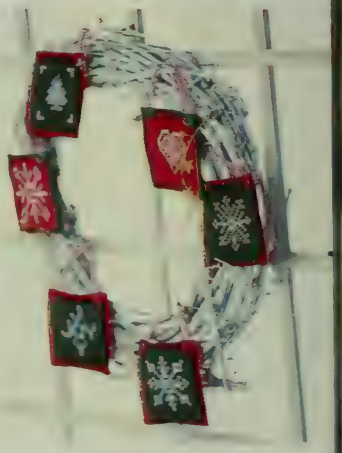
**To Enter:**
Please hand-print on a plain piece of 3" X 5" paper your name, address, city, state, zip code and daytime telephone number, and mail your entry in an envelope to: Jergens® Beautiful Reflections Sweepstakes P.O. Box 8545, Prospect Heights, IL 60070.
Entries must be postmarked by 12/31/01.
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**OFFICIAL RULES: 1. NO PURCHASE NECESSARY. TO ENTER:** Complete the Official Entry form, available in newspapers 10/07/01 or hand-print on a piece of 3"x5" paper your name, address, city, state, zip code and daytime phone number, and mail in an envelope to: Jergens Beautiful Reflections Sweepstakes, Box 8545, Prospect Heights, IL 60070. Sweepstakes begins 9/15/01. Entries must be postmarked by 12/31/01 when the sweepstakes ends, and received by 1/07/02. Each entry must be mailed separately. All entries become property of Sponsor and none will be returned. No mechanical reproductions or photocopies. No responsibility is assumed for lost, late, illegible, incomplete, damaged, postage due or misdirected entries or mail. **SPECIAL BONUS OFFER!** The first 5,000 entrants will each receive a scented frosted candle. ARV $8.00. Allow 6–8 weeks for delivery. **2. DRAWING:** Winner will be selected at random on or about 1/14/02 by a judging organization whose decisions are final. **3. ELIGIBILITY:** Sweepstakes is open to legal U.S. residents, 18 or older, except employees of The Andrew Jergens Company, its affiliates, advertising and promotion agencies and the immediate families or household members of each. **4. PRIZE:** One (1) Grand Prize, $50,000.00 cash plus up to 40 hours of design services (including a home visit) by a designer selected and provided by *Better Homes and Gardens®* magazine editors, subject to availability. The approximate value of the design assistance portion of the prize is $10,000. Actual value dependent upon winner's location. If design assistance is not used by 6/30/02, design assistance will be forfeited with no cash substitution permitted. Total Approximate Retail Value: $60,000.00. **5. GENERAL TERMS & CONDITIONS:** Grand Prize winner will be notified by mail and will be required to sign and return an Affidavit of Eligibility and Liability/Publicity Release within fourteen (14) days of notification where permitted by law. Failure to comply when requested may result in disqualification and award of prize to alternate winner. Odds of winning depend on number of entries. Approximately 43,000,000 entry forms will be distributed. By entering this sweepstakes and/or accepting any prize or gift (including a bonus candle) you agree to release and hold harmless The Andrew Jergens Company, its parents, affiliates, subsidiaries, advertising and promotion agencies and the employees, officers and directors of all such entities, from all liability whatsoever for any injury, loss or damage, due in whole or in part, directly or indirectly to the acceptance, possession, use/misuse of the item awarded. Prize is nontransferable. Taxes on prize are responsibility of winner. If Grand Prize winner is a minor, prize will be awarded to parent or legal guardian. All Federal, State and Local laws and regulations apply. Void in PR and where prohibited by law. **6. WINNER'S LIST:** For name of Grand Prize winner, send a self-addressed, stamped envelope by 4/01/02 to: Jergens Beautiful Reflections Winner, Box 8419, Dept. JS, Prospect Hts. IL 60070. Sponsor: The Andrew Jergens Company, Cincinnati, OH.



# Flying the Christmas Colors

Looking for some quick-to-make and inexpensive holiday gifts or trims? These twelve **Christmas Banner Ornaments** are stitched on Monk's cloth, which uses 7 counted cross-stitches to the inch, instead of the usual 14 cross-stitches. Use our kit to make banners to trim a wreath (*above*), adorn a tree, give as last-minute gifts, or use as one-of-a-kind package ties. From Banar Designs, our *exclusive* kit is not sold in stores.



Each kit contains sufficient supplies to make all twelve 4¼×4¼-inch designs. Kits include: red and green felt, red and green Monk's cloth, red and green buttons, ribbon, white embroidery floss, needle, charts, and instructions. The price of the kit is $37.95, which includes shipping, handling, and applicable sales tax.

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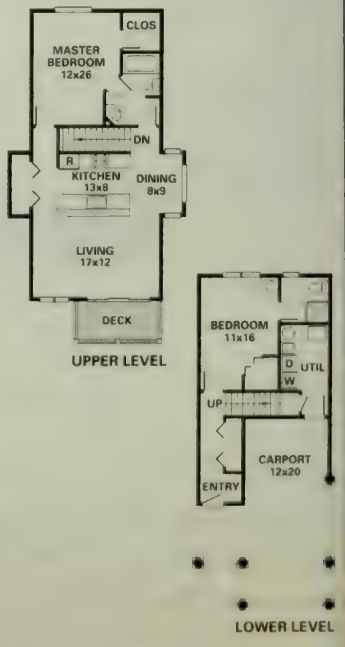


# Coach-House Cozy

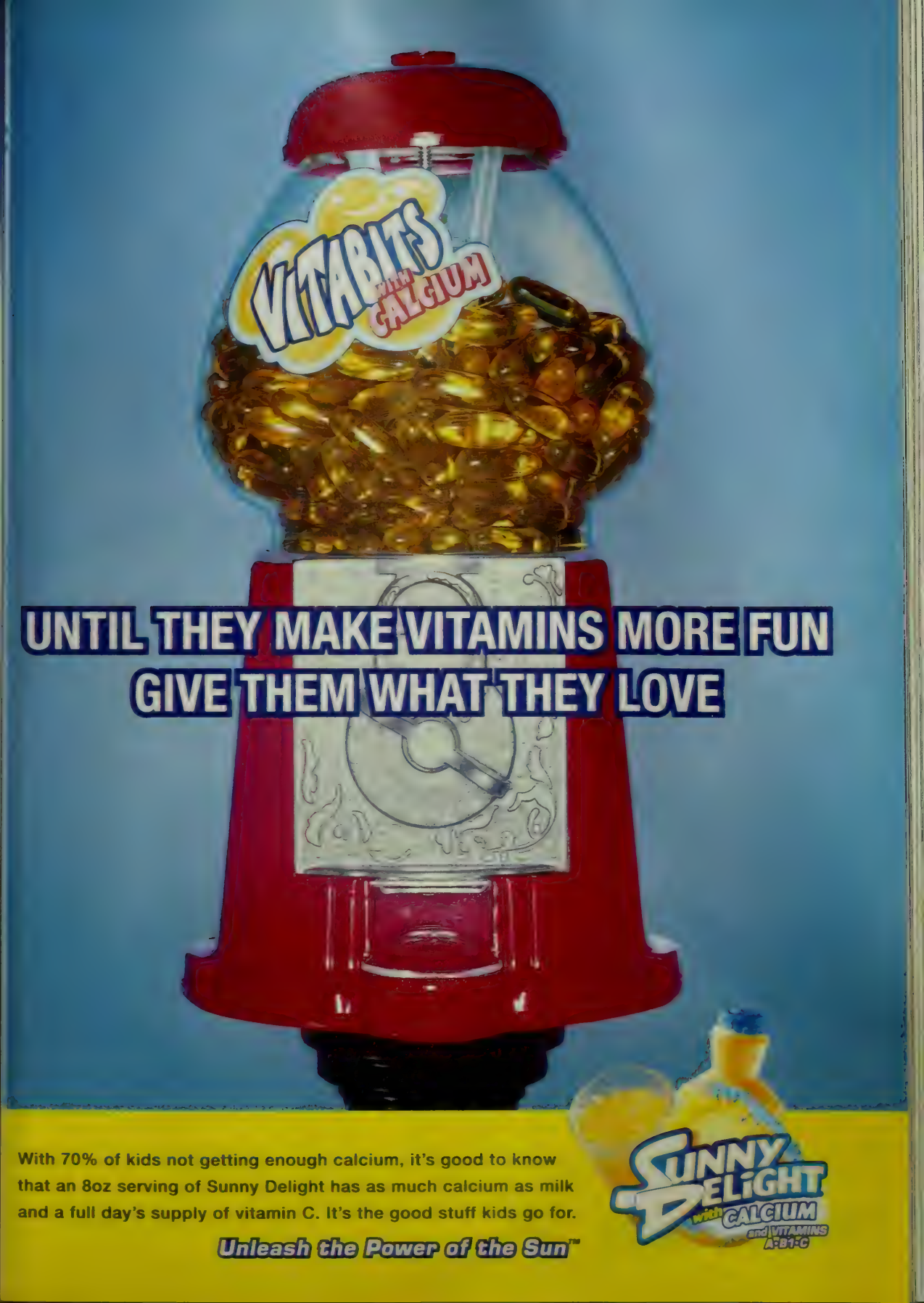
The horse-and-buggy era may be long gone, but yesterday's coach house has practical new roles to play in this day and age. Part garage and part living space, today's version can provide convenient quarters for a college-age child or an elderly parent, or generate extra income as a rental unit. Its compact design also makes a good fit for second homes in resort settings known for scenic views or pricey shoreline frontage.

The designs here and on *page 98* feature vaulted main rooms and upper-level master suites, plus second bedroom suites on the ground floor. In the version shown *above*, a columned carport provides auto shelter, and extends on one side as an entry porch. A first-floor laundry room (an amenity missing from many coach houses and vacation homes) lets the kids drop off wet, sandy clothes before heading to the main parts of the house. Upstairs, an efficient galley kitchen opens to the living room—and to views beyond a bank of French doors. Bump-out bays on either side of the kitchen house a sunny dining area and a large pantry.

continued on page 98




PLAN COA-01
TOTAL SQUARE FOOTAGE: 1,212


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No, you're not
dreaming.

Pier 1 imports



continued from page 96



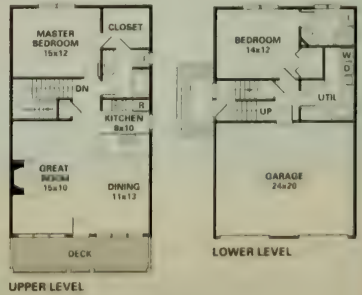
# Out Back or at the Shore

Exterior design of the second version (*above*) is patterned closely after coach houses of an earlier time, with living space above a pair of arched garage doors. Design highlights include a raised side-entry foyer, a fireplace in the main room, and a two-bay garage. Double-glass doors and wraparound steps lend big-house oomph to the entry area, and the garage doors are framed by hefty, Craftsman-style brackets that support the second-level deck. In a vacation setting, the garage would provide handy storage for boats or golf carts.

Rustic detailing gives the home a relaxed, cottagey charm that would look right at home in most any location, whether it's on an alley in a vintage urban neighborhood or on a waterfront resort lot.

**HOW TO ORDER:** To order house plans, please call 800/225-9397. Or send your name; address; and check, money order, or credit card information to: BH&G/Homestyles.com, 213 East Fourth Street, St. Paul, MN 55101. Please specify Plan No. COA-01 for the home shown on *page 96*, or COA-03 for *page 98*. Blueprints and Study Plans are not returnable; please double-check the plan numbers when ordering. Determine the number of plans desired and calculate the price from the listings shown. Add $15 for shipping and handling. Minnesota residents add 6.5% for sales tax.

**Price Schedule:** Set of Four $419, Set of Eight $454, Reproducible Set $589. If you're not ready for full blueprints, try our Study Plan for $29.95, postage paid. This one-page blueprint shows floor plans, four elevations, and kitchen and bath details. Study plan payment is deductible from blueprint cost




**PLAN COA-03**
**TOTAL SQUARE FOOTAGE: 1,440**

Style.

Work it,
flaunt it,
feel it.

But *never* pay
too much for it.







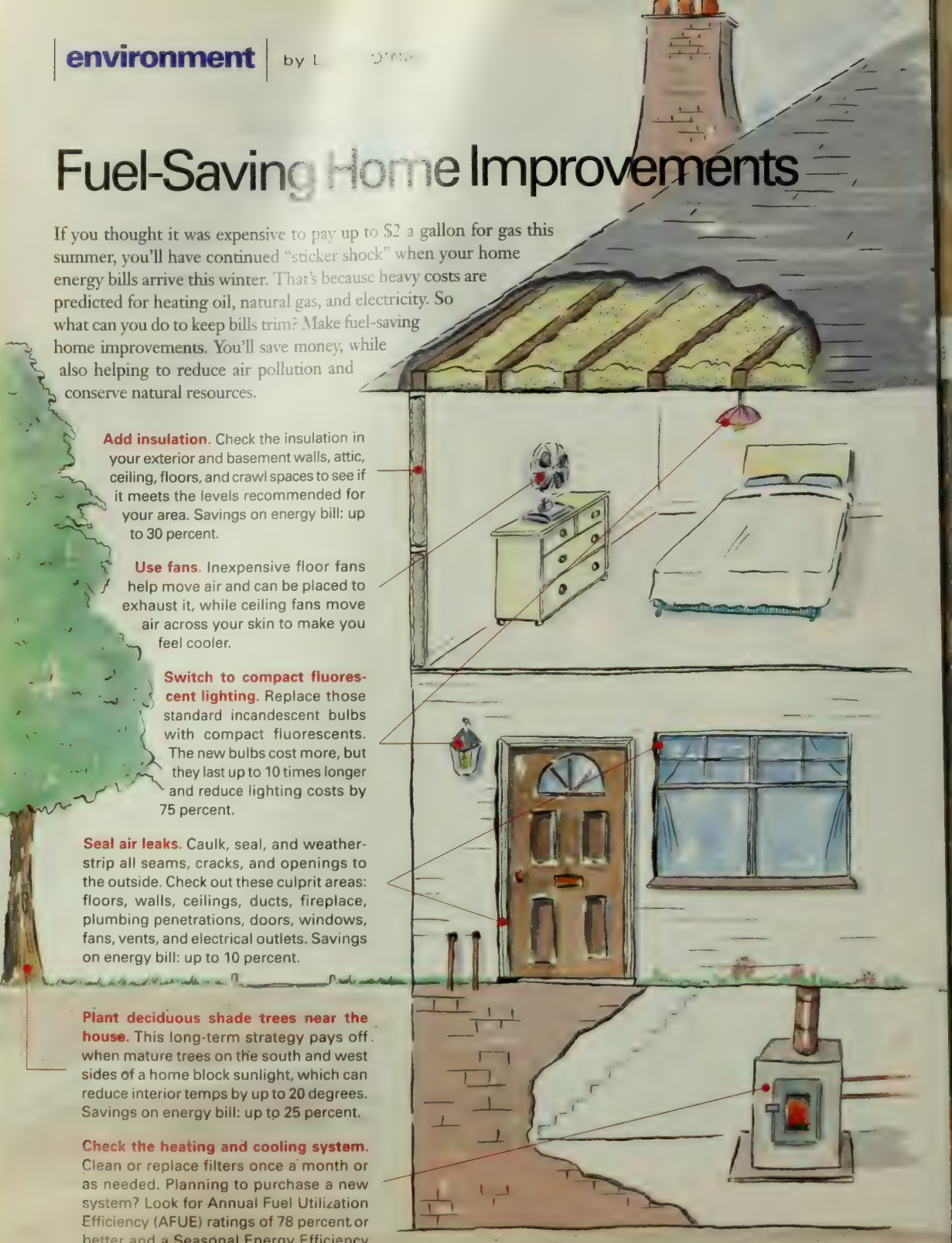


Shadow Box '8 Pyramid Queen Headboard '250 Shangri La Entertainment Center '600

Pier 1 imports

# Fuel-Saving Home Improvements

If you thought it was expensive to pay up to $2 a gallon for gas this summer, you'll have continued "sticker shock" when your home energy bills arrive this winter. That's because heavy costs are predicted for heating oil, natural gas, and electricity. So what can you do to keep bills trim? Make fuel-saving home improvements. You'll save money, while also helping to reduce air pollution and conserve natural resources.



**Add insulation.** Check the insulation in your exterior and basement walls, attic, ceiling, floors, and crawl spaces to see if it meets the levels recommended for your area. Savings on energy bill: up to 30 percent.

**Use fans.** Inexpensive floor fans help move air and can be placed to exhaust it, while ceiling fans move air across your skin to make you feel cooler.

**Switch to compact fluorescent lighting.** Replace those standard incandescent bulbs with compact fluorescents. The new bulbs cost more, but they last up to 10 times longer and reduce lighting costs by 75 percent.

**Seal air leaks.** Caulk, seal, and weatherstrip all seams, cracks, and openings to the outside. Check out these culprit areas: floors, walls, ceilings, ducts, fireplace, plumbing penetrations, doors, windows, fans, vents, and electrical outlets. Savings on energy bill: up to 10 percent.

**Plant deciduous shade trees near the house.** This long-term strategy pays off when mature trees on the south and west sides of a home block sunlight, which can reduce interior temps by up to 20 degrees. Savings on energy bill: up to 25 percent.

**Check the heating and cooling system.** Clean or replace filters once a month or as needed. Planning to purchase a new system? Look for Annual Fuel Utilization Efficiency (AFUE) ratings of 78 percent or better and a Seasonal Energy Efficiency Ratio (SEER) of at least 10.

continued on page 102





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ashionable • Affordable • Practical



**Bruce.**
hardwood floors

continued from page 100



**Add a whole-house fan.** Installed in the attic, this fan helps to cool your home by pulling fresh air through the house and exhausting stale air out attic vents. A whole-house fan is most effective when operated at night and when the outside air is cooler than the inside.

**Replace single-glazed windows.** Select double-glazed models with low-E glass. Look for National Fenestration Rating Council labels and choose products with a U-value of .35 or lower. In hot climates, look for a low (.40 or lower) solar heat gain coefficient (SHGC); in cooler climates, select a higher SHGC. For larger windows, apply low-E or spectrally selective tint film.

**Install storm windows.** If new windows are not in the budget, consider less-expensive storm windows, which can reduce heat loss from existing windows by 25 to 50 percent. Make sure to use weather stripping at all movable joints. Low-E storm windows save even more energy.

**Install a programmable thermostat.** This device will automatically adjust your heat or air-conditioning to a more cost-saving setting at night or when you are not at home. Savings on energy bill: up to 33 percent.

**Buy energy-efficient appliances.** Models labeled with the Energy Star designation exceed federal efficiency standards by 13 to 20 percent, depending on the product.

**Insulate the hot-water heater.** Wrap insulation around the water heater and the first 5 feet of pipes leading from the heater. Be careful not to cover the water heater's top, bottom, or thermostat, and in the case of gas or oil models, the burner compartment.

## BETTER HABITS, BIGGER SAVINGS

The simplest, and cheapest, way for you and your family to start being energy smart is to practice the following fuel-saving habits.

- Turn off anything you are not using, such as lights, TVs, and computers. Unplug charging units.
- Draw window shades or curtains over east-facing windows in the morning and over south- and west-facing windows in the afternoon.
- Use sunlight for light or heat when practical.
- Match pot size to burner size, and use lids.
- Clean the coils of your refrigerator.
- Set hot water heat no higher than 120° F.
- Take shorter showers.
- Run your oven, dishwasher, or clothes dryer during the cooler hours of the day. This will save the air-conditioning from working overtime to overcome the heat generated by appliances.
- Do laundry in cold or warm water. Whenever possible, wash full loads of clothes.

# Introducing the chock-full-of-chunks Oooey-gooey never been so easy to make snack.

*'ew Snackin' Cake®* The cake you mix and bake in he same pan, so in three minutes, into the oven it goes. Vhich is nothing compared to ow fast it goes in the mouth.




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by Caralee Adams

# Kids Dig the Past

At age 7, David Lambert was intrigued with a hand-painted, tintype photo tucked in a book at his grandmother's house. "Who is this?" he asked his grandmother. It was his great-grandfather. David wanted to know more about this man with piercing eyes who wore a black bow tie. So, he asked questions—lots of them.

By the time his grandmother had died when David was 11, he had amassed priceless interviews about her earliest memories. By age 13, David found ship logs that recorded his great-grandfather's survival while working on a whaling ship that sunk off the coast of Chile.

"I didn't climb trees in my family's backyard, I traced them," says David, now 32, and a reference library manager at the New England Historic Genealogical Society in Boston.

Kids have a natural curiosity about who they are and where they come from. Looking at old photos, passing along family stories, and filling in family trees can connect parents and grandparents to children like nothing else. And today, as more people trace their family roots with the help of the Internet and new software, useful research skills can be gained along the way.

But mostly, it's fun to play detective, unearthing stories about your ancestors. "If you are an American citizen, you come from a stock of people who faced the unknown. Because of that, your life is different," says Francis J. Shane, executive director of the National Genealogical Society in Arlington, Virginia. "We are researching exciting, adventurous people."

As you research your family tree, be prepared for some surprises. Maybe a pirate or train robber will turn out to be a great-great-uncle.

**Getting started**

The best way to get started is simply to tell your kids family stories. Talk about yourself, your parents, and grandparents. "With young children, don't start with the 1720s—their eyes

continued on page 106


looks like someone's
feeling better already
Hard to believe one of these guys woke up with a cold this morning.
But not to worry, there's Tylenol Cold for adults and Children's Tylenol Cold for your little
Each with the proven, trusted relief of Tylenol.
TYLENOL COLD
Children's TYLENOL COLD
take comfort in our strength

## Give your Children Roots

continued from page 104

will just glaze over," says Shane. Get them to appreciate the history of people they know. For instance, describing great-grandma as a flapper may shed new light on someone your kids have only known by visits to a nursing home.

Share age-appropriate stories about playing baseball or baking in the kitchen, suggests Maureen Taylor of Westwood, Massachusetts, author of the children's book *Through the Eyes of Your Ancestors* (1999). "Stories of everyday life help them understand their place in the family," she says. Anecdotes will see how every family—even theirs—is unique, yet familiar.

Between 1892 and 1924, more than 22 million people entered the United States through Ellis Island. You can search the passenger records on the Web.

Kids get a kick out of seeing youthful school pictures of family members who are now much older. Looking back a few generations, children can discover similarities in facial features. Eventually, they will ask more sophisticated questions and learn about the family's history.

Talk about how you celebrated holidays growing up. Maybe an ornament will spark a story about how you decorated the Christmas tree as a child. Or while you're baking together, explain how a favorite recipe was handed down from your great-grandmother. At family reunions, share the family lore.



### Digging in

As kids get older, they will likely do some type of genealogy project in school. This is a perfect time to extend the learning at home. By the fifth or sixth grade, kids can interview family members on their own. Encourage them to ask questions about their relative's childhood, courting days, places they lived, and memories of their own grandparents. Write down, tape record, or videotape the retelling of these family stories.

Genealogists often begin their formal research by filling out a pedigree chart—commonly known as a family tree. This serves as an outline of what you know and don't know. Fill in names, places of birth, birthdays, and dates of death. Don't overlook doing this activity with adopted children or stepchildren, who can enjoy tracing the history of whoever they consider family.

Although you don't want to push kids too much, it is helpful to map out some research goals. For example, start with one line of the family, trying not to jump around too much. Document the basic information, says Shane.

Visit a public library, archives, or church to obtain information about your family from various newspapers or logs. You can often get copies of birth certificates, military records, and death certificates for the price of a stamp.

If kids play an active role in the hunt, it's much more meaningful, says Ira Wolfman, author of *Climbing Your Family Tree* (2002). He says that when parents and kids search together, it can be like solving a mystery that reinforces their one-of-a-kind family history.

Another way to make the research real: Use vacation time to visit places where family members lived. Take photos of the neighborhoods.

### Taking advantage of technology

Internet sites have made genealogical research more accessible than ever before. Easy-to-use software programs, such as *Family Tree Maker*, help you stay organized with your research.

Several sites provide links to databases of names and families. Start by typing in your surname on a basic search engine, such as google.com, to find relevant information. Or, check genealogical sites, such as ancestry.com, genealogy.com, www.ngsgenealogy.org, familysearch.org, and ellisilandrecords.com.

Research is convenient from your home computer, but experts warn that information off the Internet should be verified. Ask the service provider to cite the original location of the record. "Before you can claim it, you have to prove it," says Shane. Think of the online information as a lead for you to follow-up later with hard copy documents, including photocopies of birth and death certificates, baptismal records, ships' manifests, and other records.

### Recording your life now

Have kids create their own scrapbook of family history. This means documenting the present, as well as the past, for the next generation, says Taylor. Make an adventure kit with a disposable camera, paper, markers, a magnifying glass, stencils, and copies of family photos. Encourage your child to add to the memory book over the years.

Working on these projects with your kids can foster communication. "This brings us back together. This is that link you need to keep in touch with your kids," Taylor says.

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# Nexium™ *(esomeprazole magn*
## 20-MG, 40-MG Delayed-Release

**BRIEF SUMMARY** Before prescribing NEXIUM, please see full Prescrib... NEXIUM is indicated for the short-term treatment (4 to 8 weeks) in the h... confirmed erosive esophagitis **CONTRAINDICATIONS** NEXIUM is co... any component of the formulation or to substituted benzimidazoles **PREC**... NEXIUM does not preclude the presence of gastric malignancy Atrophic ga... ...sies from patients treated long-term with omeprazole of which NEXIUM ... Delayed-Release Capsules should be taken at least one hour before meals ... tablespoon of applesauce can be added to an empty bowl and the capsu... sauce The pellets should be mixed with the applesauce and then swall... should be soft enough to be swallowed without chewing The pellets sh... should not be stored for future use Antacids may be used while ta... extensively metabolized in the liver by CYP2C19 and CYP3A4 *In vitro* ... to inhibit CYPs 1A2 2A6 2C9 2D6 2E1 and 3A4 No clinically relevant ... would be expected Drug interaction studies have shown that eso... phenytoin warfarin quinidine clarithromycin or amoxicillin Es... esomeprazole-metabolizing enzyme Coadministration of esome... 45% decrease in clearance of diazepam Increased plasma le... However at that time, the plasma levels of diazepam were bel... clinical relevance Coadministration of oral contraceptives diazepa... kinetic profile of esomeprazole Esomeprazole inhibits gastric acid ... and omeprazole may interfere with absorption of drugs where g... conazole ampicillin esters digoxin and iron salts) **Carcinogenesis, Mutagenesis, Impairment of Fertility:** The carcinogenic potential of esomeprazole was assessed using ... omeprazole at daily doses of 1 7 3 4 13 8 44 0 and 140 6 mg/kg/day ... expressed on a body surface area basis) produced gastric EC... the incidence of this effect was markedly higher in female rats ... Gastric carcinoids seldom occur in the untreated rat In addition ECL cell hyperplasia was present in all treated groups of both sexes In one of these studies, female rats were treated with 13 8 mg omeprazole/kg/day, about 5 6 times the human dose on a body surface area basis) for 1 year then followed for an additional year without the drug No carcinoids were seen in these rats An increased incidence of treatment-related ECL cell hyperplasia was observed at the end of 1 year (94% treated vs 10% controls) By the second year the difference between treated and control rats was much smaller (46% vs 26%) but still showed more hyperplasia in the treated group Gastric adenocarcinoma was seen in one rat (2%) No similar tumor was seen in male or female rats treated for 2 years For this strain of rat no similar tumor has been noted historically, but a finding involving only one tumor is difficult to interpret A 78-week mouse carcinogenicity study of omeprazole did not show increased tumor occurrence but the study was not conclusive Esomeprazole was negative in the Ames mutation test in the *in vivo* rat bone marrow cell chromosome aberration test and the *in vivo* mouse micronucleus test Esomeprazole however was positive in the *in vitro* human lymphocyte chromosome aberration test Omeprazole was positive in the *in vitro* human lymphocyte chromosome aberration test the *in vivo* mouse bone marrow cell chromosome aberration test and the *in vivo* mouse micronucleus test The potential effects of esomeprazole on fertility and reproductive performance were assessed using omeprazole studies Omeprazole at oral doses up to 138 mg/kg/day in rats (about 56 times the human dose on a body surface area basis) was found to have no effect on reproductive performance of parental animals **Pregnancy:** *Teratogenic Effects Pregnancy Category B* - Teratogenicity studies have been performed in rats at oral doses up to 280 mg/kg/day (about 57 times the human dose on a body surface area basis) and in rabbits at oral doses up to 86 mg/kg/day (about 35 times the human dose on a body surface area basis) and have revealed no evidence of impaired fertility or harm to the fetus due to esomeprazole There are however no adequate and well-controlled studies in pregnant women Because animal reproduction studies are not always predictive of human response this drug should be used during pregnancy only if clearly needed Teratology studies conducted with omeprazole in rats at oral doses up to 138 mg/kg/day (about 56 times the human dose on a body surface area basis) and in rabbits at doses up to 69 mg/kg/day (about 56 times the human dose on a body surface area basis) did not disclose any evidence for a teratogenic potential of omeprazole In rabbits omeprazole in a dose range of 6 9 to 69 1 mg/kg/day (about 5 5 to 56 times the human dose on a body surface area basis) produced dose-related increases in embryo-lethality fetal resorptions and pregnancy disruptions In rats dose-related embryo/fetal toxicity and postnatal developmental toxicity were observed in offspring resulting from parents treated with omeprazole at 13 8 to 138 0 mg/kg/day (about 5 6 to 56 times the human doses on a body surface area basis) There are no adequate and well-controlled studies in pregnant women Sporadic reports have been received of congenital abnormalities occurring in infants born to women who have received omeprazole during pregnancy **Nursing Mothers:** The excretion of esomeprazole in milk has not been studied However omeprazole concentrations have been measured in breast milk of a woman following oral administration of 20 mg Because esomeprazole and omeprazole are likely to be excreted in human milk and because of the potential for serious adverse reactions in nursing infants from esomeprazole and because of the potential for tumorigenicity shown for omeprazole in rat carcinogen city studies a decision should be made to discontinue the drug taking into account the importance of the drug to the mother **Pediatric Use:** Safety and effectiveness in pediatric patients have not been established **Geriatric Use:** Of the total number of patients who received NEXIUM in clinical trials 778 were 65 to 74 years of age and 124 patients were ≥ 75 years of age No overall differences in safety and efficacy were observed between the elderly and younger individuals and other reported clinical experience has not identified differences in responses between the elderly and younger patients but greater sensitivity of some older individuals cannot be ruled out **ADVERSE REACTIONS** The safety of NEXIUM was evaluated in over 10 000 patients (aged 18-84 years) in clinical trials worldwide including over 7 400 patients in the United States and over 2 600 patients in Europe and Canada Over 2 900 patients were treated in long-term studies for up to 6-12 months In general NEXIUM was well tolerated in both short- and long-term clinical trials The safety in the treatment of healing of erosive esophagitis was assessed in four randomized comparative clinical trials which included 1 240 patients on NEXIUM 20 mg 2 434 patients on NEXIUM 40 mg and 3 008 patients on omeprazole 20 mg daily The most frequently occurring adverse events (≥1%) in all three groups was headache (5 5 5 0 and 3 8 respectively) and diarrhea (no difference among the three groups) Nausea flatulence abdominal pain constipation and dry mouth occurred at similar rates among patients taking NEXIUM or omeprazole Additional adverse events that were reported as possibly or probably related to NEXIUM with an incidence < 1% are listed below by body system ***Body as a Whole:*** abdomen enlarged allergic reaction asthenia back pain chest pain chest pain substernal facial edema peripheral edema hot flushes fatigue fever flu-like disorder generalized edema leg edema malaise pain rigors ***Cardiovascular:*** flushing hypertension tachycardia ***Endocrine:*** goiter ***Gastrointestinal:*** bowel irregularity constipation aggravated dyspepsia dysphagia dysplasia GI epigastric pain eructation esophageal disorder frequent stools gastroenteritis GI hemorrhage GI symptoms NOS hiccup melena mouth disorder pharynx disorder rectal disorder serum gastrin increased tongue disorder tongue edema ulcerative stomatitis vomiting ***Hearing:*** earache tinnitus ***Hematologic:*** anemia anemia hypochromic cervical lymphoadenopathy epistaxis leukocytosis leukopenia thrombocytopenia ***Hepatic:*** bilirubinemia hepatic function abnormal SGOT increased SGPT increased ***Metabolic/Nutritional:*** glycosuria hyperuricemia hyponatremia increased alkaline phosphatase thirst vitamin B12 deficiency weight increase weight decrease ***Musculoskeletal:*** arthralgia arthritis aggravated arthropathy cramps fibromyalgia syndrome hernia polymyalgia rheumatica ***Nervous System/Psychiatric:*** anorexia apathy appetite increased confusion depression aggravated dizziness hypertonia nervousness hypoesthesia impotence insomnia migraine migraine aggravated paresthesia sleep disorder somnolence tremor vertigo visual field defect ***Reproductive:*** dysmenorrhea menstrual disorder vaginitis ***Respiratory:*** asthma aggravated coughing dyspnea larynx edema pharyngitis rhinitis sinusitis ***Skin and Appendages:*** acne angioedema pruritus rash erythematous rash maculo-papular skin inflammation sweating increased urticaria ***Special Senses:*** abnormal vision taste loss taste perversion ***Urogenital:*** abnormal urine albuminuria cystitis dysuria [illegible] micturition frequency moniliasis genital moniliasis polyuria ***Visual:*** conjunctivitis vision abnormal Endoscopic [illegible] events include duodenitis esophagitis esophageal stricture esophageal ulceration esophagus [illegible] gastritis benign polyps or nodules Barrett's esophagus and mucosal discoloration Other adverse [illegible] occurring with omeprazole can be found in the omeprazole package insert **OVERDOSAGE** A [illegible] dose [illegible] at 510 mg/kg (about 103 times the human dose on a body surface area basis) was lethal to rats The major signs of acute toxicity were reduced motor activity changes in respiratory frequency tremor ataxia and intermittent clonic convulsions There [illegible] received reports of overdose with esomeprazole Reports have been received of overdosage with omeprazole in humans [illegible] ranged up to 2 400 mg (120 times the usual recommended clinical dose) Manifestations were variable but included confusion drowsiness blurred vision tachycardia nausea diaphoresis flushing headache dry mouth and other adverse reactions similar to those seen in normal clinical experience (see omeprazole package insert **ADVERSE REACTIONS**) No specific antidote for esomeprazole is known Since esomeprazole is extensively protein bound it is not expected to be removed by dialysis In the event of overdosage treatment should be symptomatic and supportive As with the management of any overdose the possibility of multiple drug ingestion should be considered For current information on treatment of any drug overdose a certified regional Poison Control Center should be contacted Telephone numbers are listed in the Physicians' Desk Reference (PDR) or local telephone book

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**BRIEF SUMMARY** Before prescribing PRILOSEC, please see full Prescribing Information **INDICATIONS AND** *Erosive Esophagitis* PRILOSEC Delayed-Release Capsules are indicated for the short-term treatment (4-8 weeks) in the erosive esophagitis, which has been diagnosed by endoscopy **CONTRAINDICATIONS Omeprazole** PRILOSEC Release Capsules are contraindicated in patients with known hypersensitivity to any component of the formulation **PRECAUTIONS** Symptomatic response to therapy with omeprazole does not preclude the presence of gastric malignancy Atrophic has been noted occasionally in gastric corpus biopsies from patients treated long-term with omeprazole **Information Patients:** PRILOSEC Delayed-Release Capsules should be taken before eating and should not be opened, chewed or crushed, should be swallowed whole **DRUG INTERACTIONS** *Other* Omeprazole can prolong the elimination of diazepam, warfarin, phenyto-in, drugs that are metabolized by oxidation in the liver Although in normal subjects no interaction with theophylline, propranolol was found there have been clinical reports of interaction with other drugs metabolized via the cytochrome P-450 system (eg, cyclosporine, disulfiram, and benzodiazepines) Patients should be monitored to determine if it is necessary to adjust the dosage of these drugs when taken concomitantly with PRILOSEC Omeprazole inhibits gastric acid secretion, therefore, it is theoretically possible that omeprazole may interfere with absorption of drugs where gastric pH is an important determinant of their bioavailability (eg, ketoconazole, ampicillin esters, digoxin, and iron salts) In clinical trials antacids were used concomitantly with the administration of PRILOSEC **Carcinogenesis, Mutagenesis, Impairment of Fertility:** In two 24-month carcinogenicity studies in rats omeprazole at daily doses of 1 7 3 4, 13 8 44 0 and 140 8 mg/kg/day (approximately 4 to 352 times the human dose on a patient weight of 50 kg and a human dose of 20 mg) produced gastric ECL cell carcinoids in a dose-related manner in both male and female rats the incidence of this effect was markedly higher in female rats, which had higher blood levels of omeprazole Gastric carcinoids seldom occur in the untreated rat In addition, ECL cell hyperplasia was present in all treated groups of both sexes In one of these studies, female rats were treated with 13 8 mg omeprazole/kg/day (approximately 35 times the human dose) for 1 year then followed for an additional year without the drug No carcinoids were seen in these rats An increased incidence of treatment-related ECL cell hyperplasia was observed at the end of one year (94% treated vs 10% controls) By the second year the difference between treated and control rats was much smaller (46% vs 26%) but still showed more hyperplasia in the treated group An primary malignant tumor in the stomach was seen in one rat (2%) No similar tumor was seen in male or female rats for two years For this strain of rat no similar tumor has been noted historically, but a finding involving only one is difficult to interpret A 78-week mouse carcinogenicity study of omeprazole did not show increased tumor occurrence but the study was not conclusive Omeprazole was not mutagenic in an *in vitro* Ames *Salmonella typhimurium* assay *in vitro* mouse lymphoma cell assay and an *in vivo* rat liver DNA damage assay A mouse micronucleus test at 625 and 625 the human dose gave a borderline result, as did an *in vivo* bone marrow chromosome aberration test A second mouse micronucleus study at 2000 times the human dose, but with different (suboptimal) sampling times, was negative In a rat fertility and general reproductive performance test omeprazole in a dose range of 13 8 to 138 0 mg/kg/day (approximately 35 to 345 times the human dose) was not toxic or deleterious to the reproductive performance of parental animals **Pregnancy:** *Category C* - Teratology studies conducted in pregnant rats at doses up to 138 mg/kg/day (approximately 345 times the human dose) and in pregnant rabbits at doses up to 69 mg/kg/day (approximately 172 times the human dose) did not disclose any evidence for a teratogenic potential of omeprazole In rabbits, omeprazole in a dose range of 6 9 to 69 1 mg/kg/day (approximately 17 to 172 times the human dose) produced dose-related increases in embryo-lethality, fetal resorptions and pregnancy disruptions In rats, dose-related embryo/fetal toxicity and postnatal developmental toxicity were observed in offspring resulting from parents treated with omeprazole at 13 8 to 138 0 mg/kg/day (approximately 35 to 345 times the human dose) There are no adequate or well-controlled studies in pregnant women Sporadic reports have been received of congenital abnormalities occurring in infants born to women who have received omeprazole during pregnancy Omeprazole should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus **Nursing Mothers:** It is not known whether omeprazole is excreted in human milk In rats omeprazole administered during late gestation and lactation at doses of 13 8 to 138 mg/kg/day (35 to 345 times the human dose) resulted in decreased pup weight gain in pups Because many drugs are excreted in human milk because of the potential for serious adverse reactions in nursing infants from omeprazole, and because of the potential for tumorigenicity shown for omeprazole in rat carcinogenicity studies a decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the mother **Pediatric Use:** Safety and effectiveness in pediatric patients have not been established **Geriatric Use:** No overall differences in safety and efficacy were observed between the elderly and younger individuals and other reported clinical experience has not identified differences in responses between the elderly and younger patients but greater sensitivity of some older individuals cannot be ruled out **ADVERSE REACTIONS** In the U S clinical trial population of 465 patients (including duodenal ulcer, Zollinger-Ellison syndrome and resistant ulcer patients) the following adverse experiences were reported to occur in 1% or more of patients on therapy with PRILOSEC Numbers in parentheses indicate percentages of the adverse experiences considered by investigators as possibly, probably or definitely related to the drug

| | Omeprazole (n=465) | Placebo (n=64) | Ranitidine (n=195) |
|---|---|---|---|
| Headache | 6 9 (2 4) | 6 3 | 7 7 (2 6) |
| Diarrhea | 3 0 (1 9) | 3 1 (1 6) | 2 1 (0 5) |
| Abdominal Pain | 2 4 (0 4) | 3 1 | 2 1 |
| Nausea | 2 2 (0 9) | 3 1 | 4 1 (0 5) |
| URI | 1 9 | 1 6 | 2 6 |
| Dizziness | 1 5 (0 6) | 0 0 | 2 6 (1 0) |
| Vomiting | 1 5 (0 4) | 4 7 | 1 5 (0 5) |
| Rash | 1 5 (1 1) | 0 0 | 0 0 |
| Constipation | 1 1 (0 9) | 0 0 | 0 0 |
| Cough | 1 1 | 0 0 | 1 5 |
| Asthenia | 1 1 (0 2) | 1 6 (1 6) | 1 5 (1 0) |
| Back Pain | 1 1 | 0 0 | 0 5 |

The following adverse reactions which occurred in 1% or more of omeprazole-treated patients have been reported in international double-blind and open-label clinical trials in which 2 631 patients and subjects received omeprazole and 120 patients received placebo A causal relationship was not assessed The percentages are given omeprazole then placebo respectively *Body as a Whole site unspecified* Abdominal Pain 5 2% and 3 3% Asthenia 1 3% and 0 8% *Digestive System* Constipation 1 5 and 0 8 Diarrhea 3 7 and 2 5 Flatulence 2 7 and 5 8 Nausea 4 0 and 6 7 Vomiting 3 2 and 10 0, Acid regurgitation 1 9 and 3 3 *Nervous System/Psychiatric* Headache 2 9 and 2 5 Additional adverse experiences occurring in < 1% of patients or subjects in double-blind and/or international trials, or occurring since the drug was marketed are shown below within each body system In many instances the relationship to PRILOSEC was unclear *Body As a Whole* Allergic reactions including, rarely anaphylaxis (see also *Skin*) fever pain fatigue malaise abdominal swelling *Cardiovascular* Chest pain or angina tachycardia bradycardia palpitation elevated blood pressure peripheral edema *Gastrointestinal* Pancreatitis (some fatal) anorexia irritable colon flatulence fecal discoloration esophageal candidiasis mucosal atrophy of the tongue dry mouth During treatment with omeprazole gastric fundic gland polyps have been noted rarely These polyps are benign and appear to be reversible when treatment is discontinued Gastroduodenal neoplasms have been reported in patients with ZE syndrome on long-term treatment with PRILOSEC This finding is believed to be a manifestation of the underlying condition which is known to be associated with such tumors *Hepatic* Mild and rarely marked elevations of liver function tests (ALT (SGPT) AST (SGOT) γ-glutamyl transpeptidase alkaline phosphatase and bilirubin (jaundice)) In rare instances overt liver disease has occurred including hepatocellular cholestatic or mixed hepatitis liver necrosis (some fatal) hepatic failure (some fatal) and hepatic encephalopathy *Metabolic/Nutritional* Hyponatremia hypoglycemia weight changes *Musculoskeletal* Muscle cramps myalgia muscle weakness joint pain leg pain *Nervous System/Psychiatric* Psychic disturbances including depression aggression hallucinations confusion insomnia nervousness tremors apathy somnolence anxiety dreaming abnormalities vertigo paresthesia hemifacial dysesthesia *Respiratory* Epistaxis pharyngeal pain *Skin* Rash and rarely, cases of severe generalized skin reactions including toxic epidermal necrolysis (TEN some fatal) Stevens-Johnson syndrome and erythema multiforme (some severe) purpura and/or petechiae (some with rechallenge) skin inflammation urticaria angioedema photosensitivity alopecia, dry skin, hyperhidrosis *Special Senses* Tinnitus taste perversion *Urogenital* Interstitial nephritis (some with positive rechallenge) urinary tract infection microscopic pyuria urinary frequency elevated serum creatinine proteinuria hematuria glycosuria testicular pain gynecomastia *Hematologic* Rare instances of pancytopenia agranulocytosis (some fatal) thrombocytopenia neutropenia anemia leucocytosis and hemolytic anemia have been reported

**OVERDOSAGE** Rare reports have been received of overdosage with omeprazole Doses ranged from 320 mg to 900 mg (16-45 times the usual recommended clinical dose) Manifestations were variable but included confusion drowsiness blurred vision tachycardia nausea diaphoresis flushing headache and dry mouth Symptoms were transient and no serious clinical outcome has been reported No specific antidote for omeprazole overdosage is known Omeprazole is extensively protein bound and is therefore not readily dialyzable In the event of overdosage treatment should be symptomatic and supportive

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**NOTE: This summary provides important information about NEXIUM and PRILOSEC. If you would like more information, ask your doctor or pharmacist to let you read the professional labeling and then discuss it with them.**

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# And the winner is...

# fun-niks

## (phonics)



by Martha Miller

After a decade of being dismissed as old-fashioned, phonics instruction—teaching children to read by connecting sounds with letters and letter combinations—is "in" again, and for good reason. It works. Study after study has found that explicit and direct phonics instruction offers significant benefits to children learning to read. And the earlier the kids are taught phonics, the better.

The tide turned after several prestigious reports came out in support of phonics, including one by the congressionally mandated National Reading Panel. Last year, the 14-member independent panel recommended phonics instruction for all children in kindergarten through sixth grade. The panel looked at the weight of evidence in more than 100,000 published reading studies.

Donald N. Langenberg, chairman of the National Reading Panel and chancellor of the University System of Maryland, says he is so convinced phonics works that he believes not teaching it is akin to a doctor not prescribing a pill known to cure a patient.

"Phonics should be taught. Failure to do so is the teacher equivalent of medical malpractice," Langenberg says.

The other factor in the resurgence of phonics was California. That state was a big supporter of the "whole language" approach to reading until several years ago when fourth-grade reading test scores plummeted. Whole language is a teaching method in which children learn to read by seeing a word's meaning in context as they read.

"California came in very, very poorly on the National Assessment of Educational Progress in Reading tests," says John Pikulski, Ph.D., a professor of education at the University of Delaware. "Many attributed the poor performance to failure to directly teach phonics."

Phonics was the major method of teaching reading in the United States between 1955 and the early 1980s. In the mid-1980s, whole language became a popular approach for many school districts and less emphasis was placed on direct phonics instruction.

Despite the change, the expected improvement in reading scores didn't happen. Four in 10 U.S. fourth-graders lack basic reading skills, and 44 million adults—22 percent of the population—have limited reading skills. The Department of Education reports that by 2000 there had been no improvement in the reading skills for fourth-graders across the country. States are making more progress in math than in reading.

"We have problems today because we have had this muted, please-all curriculum that has allowed kids to get by with less than adequate reading skills," says Jeanne Allen, president of the Center for Education Reform, an independent, nonprofit organization working to bring fundamental reforms to schools.

### Rote drills not the answer

Phonics teaches children the association between letters and sounds. For example, sounding out the word "cat" as "ka-ah-t" helps the child become aware of the word by

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# And the Winner Is...Ph

continued from page 110

how it sounds. "English is an alphabetic language, and our letters come together and represent the sounds of language, of which there are 40 to 44 sounds," Pikulski says.

But many reading experts and the National Reading Panel stress that phonics instruction must be individualized for every child. One-size-fits-all phonics instruction doesn't always work and constant rote drills aren't the answer. Children come to school with all levels of reading skills, and teachers must be able to assess the needs of each student and tailor the instruction accordingly.

At the same time, teachers should understand that systematic phonics instruction is only one component of a total reading program. The panel's report says teachers, especially first-grade teachers, should not allow phonics to become "the dominant component." Phonics must be taught, but once a child gets it, teachers need to move on to help children become more fluent and stay interested in reading.

"The bottom line is: The person teaching your child needs to understand how to teach reading," says Allen. "If the teacher can't figure out a child's learning style and what he or she knows and doesn't know, then that child will fall through the cracks."

### Parents' role is key

Parents play an essential role in helping their children learn phonics. Parents need to first understand what a phonics-based curriculum is and how important it is, says Susannah Patton, director of academic programs for the Council for Basic Education. Then, make sure your school places an emphasis on it. "Pressure the school to make sure teachers are well prepared to teach phonics, and if that means extra professional development, then so be it," Patton says.

Secondly, while it is important to read with your young child, also spend time working with her to learn the alphabet and play with sounds. A good example of this is to read—and reread—favorite nursery rhymes or poetry. Both help kids become aware of matching sounds to words.

Here are other steps educational experts recommend parents take to help children learn phonics:

- Read an alphabet book, then make a game of finding certain letters in the book. Or make your own alphabet book, searching out letters and sounding them out as you go.
- Play rhyming games. Example: Ask your child to find all the words that rhyme with "cat." Or have them make a list of "word families," such as make, lake, cake, and rake. Ask them to rhyme words in a sentence.
- Consider educational toys that help teach phonics, such as the LeapPad Learning System from LeapFrog. The company founder created this talking book to teach his son phonics. A pen sounds out letters and words. Call 800/701-5327, www.leappad.com, $55, ages 4-6.
- Take advantage of well-designed software, including the following:

*Beginning Sounds* lets children practice their first phonics and reading skills in a structured yet entertaining setting. Call 800/253-0564, www.schoolzone.com, $20, ages 3-5.

*Clifford Reading*, one of the top-rated programs, features fun early reading games. Call 800/724-6527, www.scholastic.com, $20, ages 4-6.

*Jumpstart Preschool* software includes 20 play areas that teach 30 preschool skills. Call 800/542-4240, www.jumpstart.com, $20, ages 3-6.

*Reader Rabbit Preschool Sparkle Star Rescue* has children explore planet Sparkalot, where they engage in a variety of reading skill activities. Call 800/825-4420, www.learningco.com, $20, ages 3-5.

### IT'S NEVER TOO EARLY TO START READING

The National Association for the Education of Young Children, *www.naeyc.org*, urges that parents teach children about language from birth. Here are things parents can do to help their children learn to read.

**Infants**

- Talk, read, and sing to your baby. Infants learn from everything they see and hear, even in the first stages of life. Bring his attention to objects, signs, and people.
- Add books to the toy list, even if your baby enjoys handling books more than being read to. As your child grows, point out pictures of objects and offer their names.

**Toddlers**

- Ease the transition from baby talk to developed language by repeating your toddler's words correctly without reprimanding. Let toddlers "read" their favorite picture books by themselves. Or, pause before a familiar word while reading and let him fill in the missing word.
- Buy magnetic and block letters to introduce a toddler to the spelling of her name.

**Preschoolers**

- Add new books to your child's collection, but keep reading old favorites. Take books on long trips.
- When shopping, help children match product names with names on coupons. As you prepare a recipe, have preschoolers follow the words.

**School-aged**

- Continue to read to your child even if she has already learned to read. Take turns reading pages of your favorite books.
- Play such word games as Scrabble, Boggle, or crossword puzzles.

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# A Brighter Holiday for Homeless Families

Here are gifts that will contribute to a joyful season for homeless children. From each purchase, $5 goes to The Better Homes® Fund, a national nonprofit organization founded by *BH&G*® magazine. A card identifying the giver and explaining the work of the fund will be enclosed with each gift. For more information about the fund, visit www.tbhf.org.




**SADDLE UP.** Buckaroos ages 2 to 6 will love these oak thoroughbreds. Sanded until silky, each 25-inch-high rocker has a durable yarn mane and tail. From Plow & Hearth. **Personalized Rocking Horse** (No. 8076, shown *right*) is $119.95, plus delivery (2-3 weeks); **Rocking Horse** (No. 8077) is $114.95, plus delivery. To order, see *page 115*.

## A Brighter Holiday

**"DON'T YOU CRY" BEAR** (No. 309254). The tartan-trimmed plush bear (*below*) is losing his pal—the melting snowman with the felt hat. "It's not goodbye," says the snowman. "I'll be back next year."

**HUGGING BEAR AND SNOWMAN** (No. 309239). Friendship and love, sealed with a hug, are the story of these two (*right*).

Both sets are from Faith Mountain's "Snowy Days" Collection™ by Judy G, and feature 7-inch-tall imported bears from The Boyds Collection. Price: $30 each.





**TO ORDER** either **Rocking Horse,** call Plow & Hearth at 800/627-1712; or visit www.plowhearth.com (mention promotion code BHF). For either **Bear,** call Faith Mountain at 800/822-7238; or visit www.faithmountain.com.



Lysol Presents FACTS of LIFE

FACT: Kids get 5 to 12 COLDS a year.* (That's a lot of red noses.)



FACT: LYSOL® Disinfectant Spray can help PREVENT the spread of cold germs by killing 99.9% of cold viruses in 30 seconds.




illance Data, Inc.

LIFE DEMANDS LYSOL. THAT'S A FACT.



The Kia Sedona minivan seats seven, including three in the split/fold third seat.

Even with seats in place, there is nearly 22 cubic feet of storage, about 50 percent more than the average car trunk's capacity.

Dual sliding doors open to reveal lots of standard features, including dual-zone air conditioning.

Every seating position has access to at least one cupholder. The EX model has 10 total.

Antilock brakes are a $595 option on all models. Engineers say the Kia will get top ratings on all crash tests.

# Minivan with a miniprice



Sedona, a new 2002 minivan from Korean carmaker Kia, lacks the power side doors and clever disappearing seat of established competitors like Honda Odyssey and Dodge Caravan. But by sticking to basics, Kia builds the largest, most powerful minivan for under $20,000 and undercuts the market leaders by $4,500 or more.

The front-wheel drive Sedona is an in-betweener, five inches longer than a standard Dodge Caravan but seven inches shorter than the Grand Caravan. Basic LX models start at $19,590, including delivery charge. The upscale EX loaded with options costs $24,695.

Poor quality plagued Kia when it first began selling vehicles in the United States seven years ago. To convince buyers that quality has improved (and it has, according to auto researcher J.D. Power and Associates), the automaker offers a "long haul" warranty of five years or 60,000 miles on the entire car and 10 years

continued on page 118

# Cleans the pocket that holds the wallet that holds the money you'll save.




ex® gets your clothes clean and smelling fresh for about half the price of e expensive brands. No wonder we're America's fastest-growing detergent.

*Don't waste money on dirt.*™

. The Dial Corporation www.purex.com

continued from page 116

or 100,000 miles on the power t[rain].

Designers paid attention to s[afety] before launching the Sedona in the U.S. market. When early internal tests showed that the minivan would not earn top safety ratings, they went back to their computers and reengineered it. Kia executives now predict top ratings in both government and insurance industry crash tests. That would put it in the same league as safety leaders Toyota Sienna, Honda Odyssey, and Ford Windstar.

A husky 3.5-liter, 195-horsepower V-6 distinguishes Sedona from low-priced minivans. It burns regular gas and gets 20 miles per gallon on the highway, 15 in city driving. Another uncommon feature is a five-speed automatic transmission. Other minivans chug along with only three- or four-speed transmissions. Five-speed gearboxes are usually reserved for luxury or performance cars.

Despite its low price, the Sedona is not a stripped-down econobox. Standard equipment includes front and rear air conditioning, six-speaker AM/FM stereo, power windows and door locks, cruise control, tilt steering, and battery-saver lighting.

**MINIVAN RETAIL PRICES**

| | |
|---|---|
| **Kia Sedona LX** | **$19,590** |
| Dodge Caravan Sport | $24,165 |
| Honda Odyssey LX | $24,340 |
| Chevrolet Venture Plus | $25,155 |

Prices include delivery charge



Sedona's cargo area expands to more than 127 cubic feet when the second and third row seats are removed.




## Shopping the bargain Benz

Even luxury carmakers are getting serious about value pricing. The 2002 Mercedes-Benz C230 coupe, starting at $24,950 plus delivery, became the least expensive Mercedes in decades when it arrived at dealerships in midsummer. This new member of the compact C-Class family isn't short on goodies even at that price.

The youthful two-door has all the safety genes of its sibling, the C-Class sedan, which turned in a rock-solid "best pick" performance in insurance industry crash tests. The coupe hasn't been tested yet, but it gets the same safety equipment, including eight air bags.

A turbocharged 192-horsepower four-cylinder engine powers the C230 from standstill to 60 miles per hour in about 7.5 seconds, which means the car has plenty of zip for any freeway merger maneuvers. A six-speed manual transmission is standard; add $1,300 if you prefer a five-speed automatic. Another popular option will be the oversized panoramic sunroof for $995. Mercedes includes lifetime roadside assistance in the base price.

A coupe isn't the best choice if it's your sole family vehicle. Even if you love the sporty looks of a two-door, it's easier to climb into the back seat of a four-door sedan or minivan (although the C230's easy-entry seats reduce the awkward clambering). But as a second or third car in the family fleet, the C230 delivers German engineering and upscale cachet for little more than the price of an average car.




A few auto reviewers criticized the design of the Mercedes C230's chopped rear end. The bobtail coupe is seven inches shorter than the C-Class sedan. But like the sedan, the coupe's front end exhibits a sleek, aerodynamic quality.


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The pounding roar of waterfalls.
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www.GoRVing.com

# 'Tis Season for Cooking... with the Panasonic Inverter Microwave Oven!



Cooking, baking, and preparing for the holidays can be stressful chores—or they can be a delicious part of this joyous season. Panasonic can help you make cooking for family and friends a most enjoyable part of this special time of year.





Serve up your most delectable, memorable holiday meal using the Panasonic Inverter Microwave Oven.

Panasonic

**LET'S FACE IT** – forgetting to take the turkey out of the freezer or leaving a casserole in the oven a little too long can really put a damper on the festivities. Let a Panasonic Microwave Oven with Inverter cooking technology take the anxiety away!

### WITH THE PANASONIC INVERTER MICROWAVE OVEN, YOU CAN ENJOY:

- Complete, even cooking and defrosting with true high, medium, and low power levels
- Less splatters, overcooked edges, and undercooked centers
- A spacious oven cavity in a space-saving design

Looking for an easy and delicious dish to serve when company comes over? This quick and impressive hors d'oeuvre will be the hit of your holiday festivities!

### ARTICHOKE SPINACH SPREAD

- 1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry
- 1 package (8 ounces) cream cheese, softened
- ¼ cup grated Parmesan cheese
- ¼ cup mayonnaise
- 1 teaspoon fresh lemon juice
- ¼ teaspoon ground red pepper
- ¼ teaspoon garlic powder
- 1 can (14 ounces) artichoke hearts, drained and chopped

In a large bowl, combine all the ingredients; mix well. Spoon into a microwave-safe 9-inch pie plate and heat in the Panasonic Inverter Microwave Oven at Power Level 8 (80% power) for 3 minutes. Serve immediately. Approximately 10 to 12 servings.

"Panasonic Inverter technology makes

icrowave baking a piece of (pineapple upside-down) cake."

Mr. Food

"OOH IT'S SO GOOD!!®"



## Pineapple Upside-Down Cake

12 to 14 servings

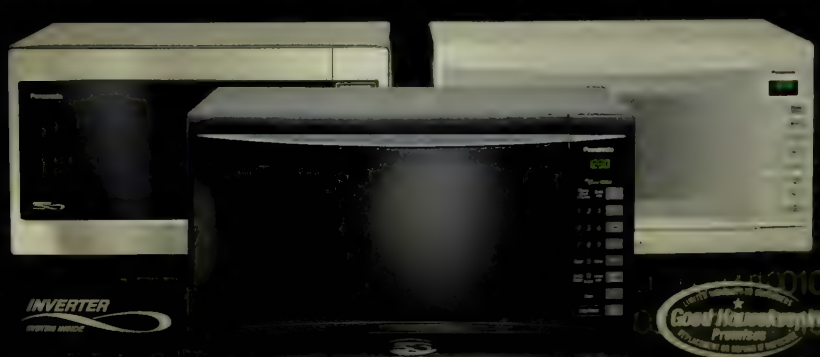
Panasonic Inverter technology makes microwave baking a "piece of cake." Don't believe it? Try it yourself!

| | |
|---|---|
| 2/3 | cup packed light brown sugar |
| 4 | tablespoons butter, cut into small pieces |
| 1 | can (20 ounces) pineapple rings, drained |
| 7 to 10 | maraschino cherries |
| 1 | package (18.25 ounces) yellow cake mix |
| 1 | cup water |
| 1/4 | cup vegetable oil |
| 3 | eggs |

1. Sprinkle brown sugar over bottom of microwave-safe 10-inch round cake pan or 9" x 13" baking dish; dot with butter. Microwave* at Power Level 10 (100% power) for 1 1/2 minutes. Evenly distribute mixture; arrange pineapple rings in single layer over mixture and place a cherry in each ring.
2. Combine cake mix, water, oil, and eggs. Beat well, spoon batter into pan and microwave* at Power Level 7 (70% power) for 14 to 16 minutes.
3. Let stand for 5 minutes. Loosen with knife and carefully invert onto a platter.

"With exclusive Panasonic Inverter technology, you can cook just about anything in a microwave. I suggest a pineapple upside-down cake. Try it for yourself. I'd love to hear from you."

Participate in the Panasonic Microwave Oven Recipe Exchange: www.panasonic.com/recipes




.panasonic.com/moven 1-800-211-PANA

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# Make Great Picture Gifts in Just 5 Minutes



With KODAK Picture Maker, you can create great gifts, personalized crafts and fun reprints to give to your friends and family in just minutes. It's simple to use and lets you enhance and enlarge your pictures in just 5 minutes. Let Picture Maker automatically scan in your picture or download from your digital camera. Then you can enlarge, reduce, crop, add text or a border, enhance, change from color to black and white, and more. Try KODAK Picture Maker for these easy and fun ideas:



**PERSONALIZE YOUR PLACE SETTINGS** Enlarge your favorite individual family photos with Picture Maker and cut each one to reveal only one eye, a mouth, or a nose. Post as place settings on your dining table and watch the fun as your family finds their seats by recognizing an ear or an eyebrow, and then mixes and matches Dad's mouth with Grandma's eyes and baby's nose.

**MAKE HOLIDAY CRAFTS WITH PICTURES** Get more use from your holiday pictures. Use Picture Maker to scan your favorite photos and enhance, crop, enlarge, or shrink. Then paste to cards, use as Christmas tree ornaments, gift package tags, stocking stuffers and more.

**START A FAMILY CALENDAR** Picture Maker comes in handy all year round. Enhance your pictures of family birthdays, anniversaries, graduations, and special events, and paste in a calendar with one photo per month. Combine with calendar software for a really professional job.

**BUILD A CHILD'S PHONE BOOK** Take a simple notebook and use Picture Maker to size a picture of your child's friends. Paste in the pictures and write in the phone numbers and addresses that go with each picture. Be sure to include neighbors and relatives so your little one will be able to find Grandma's number in a flash.



To find a Picture Maker nearest you call 1-800-939-1302 or visit kodak.com/go/picturemaker.

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# Home-Made for the Holidays



With all the fuss and commercial hype for the holidays, nothing stands out like a homemade gift. It shows your friends and family that you care more about the art of giving than the act of shopping. Cookies wrapped in a holiday bowl or baskets filled with special ingredients are often more meaningful and can truly touch the heart.



Here are some great homemade gift-giving ideas from Baker's Chocolate:

**GIVE NOW, BAKE LATER** Nothing smells better than chocolate cookies baking in the oven. Prepare your favorite chocolate cookie recipe by measuring dry ingredients ahead of time and including a recipe for the rest. Then wrap it up with a new cookie sheet and let your friends mix and bake their own oven-fresh chocolate chip goodies. For that extra homemade goodness, use Baker's Chunks of chocolate instead of ordinary chocolate chips.

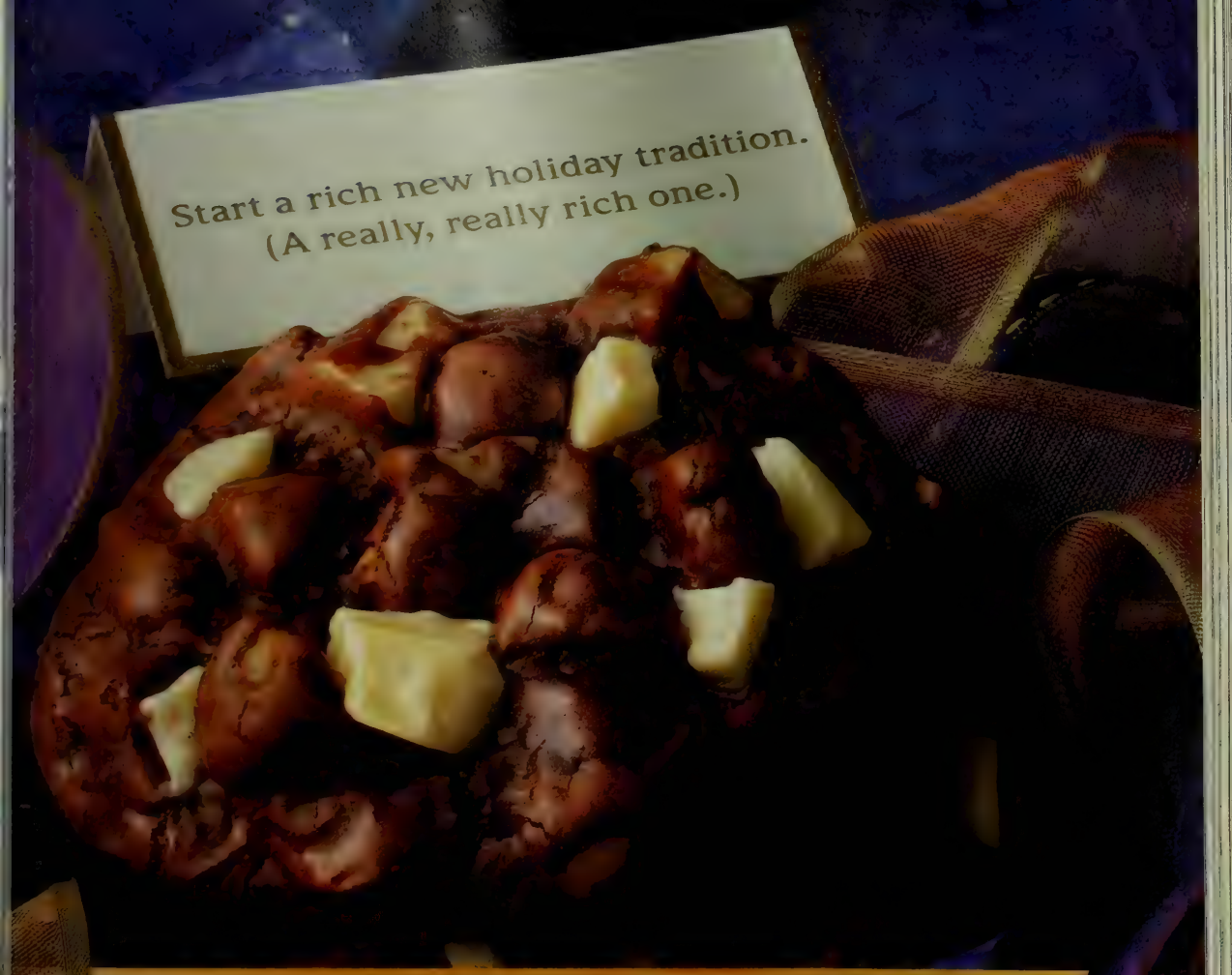
**TO DUNK OR TO DIP** Pack a small wicker basket or glass bowl with dried dates and apricots, fresh strawberries and apples, and a few graham crackers or cookies along with some Baker's Chunks of chocolate. Tie a bright ribbon on top with a note on how to melt the chocolate for a dipping dessert that's out of this world.

**TALKING WITH A CHOCOLATE FRIEND** Wrap a few Baker's Chunks in cellophane, making individual little servings. Then place them in a big coffee mug along with a pre-paid phone card. When the blues hit, your long-distance sister can warm some milk or coffee, drop in a few chocolate chunks, and phone you for one of those very special hot-chocolate calls.

**A GIFT IN A BOWL** For a "One Bowl Recipe," such as Coconut Macaroons or Rocky Road Brownies, visit www.bakerschocolate.com. Then give your chocolate treats in a holiday-themed bowl, available at housewares and kitchen stores. The festive bowls make memorable gifts, especially when filled with tasty delights made with Baker's Chocolate, the chocolate that undoubtedly says homemade.

**USE BAKER'S CHOCOLATE YEAR-ROUND** Whether you're baking cookies or brownies, creating a special occasion cake with luscious frosting, or just need a quick chocolatey bite to satisfy those cravings, Baker's is great for all your chocolate needs.






Prep: 15 minutes

Bake: 14 minutes

## Baker's One Bowl™

# Death By White Chocolate Cookies

- 1 pkg. (8 squares) BAKER'S Semi-Sweet Baking Chocolate
- ¾ cup firmly packed brown sugar
- ¼ cup (½ stick) butter or margarine, softened
- 2 eggs
- 1 tsp. vanilla
- ½ cup flour
- ¼ tsp. CALUMET® Baking Powder
- 1 pkg. (6 squares) BAKER'S Premium White Baking Chocolate, coarsely chopped, or 1 cup BAKER'S White Chocolate Chunks
- 2 cups chopped PLANTERS Macadamias or toasted PLANTERS Slivered Almonds

**HEAT** oven to 350°F. **MICROWAVE** semi-sweet chocolate in large microwavable bowl on HIGH 2 minutes. Stir until chocolate is melted and smooth. Stir in sugar, butter, eggs and vanilla with wooden spoon until well blended. Stir in flour and baking powder. Stir in white chocolate and nuts. Drop by scant 1/4 cupfuls onto ungreased cookie sheets. **BAKE** 13 to 14 minutes or until cookies are puffed and feel set to the touch. Cool 1 minute; remove from cookie sheets. Cool completely on wire racks. Makes about 18 large cookies. *Note: If omitting nuts, increase flour to 3/4 cup to prevent spreading. Makes about 15 large cookies. Great substitute: Substitute 1 cup dried cranberries for 1 cup of the nuts.*




*Bakers always choose* **Baker's.**™

by Craig Summers Black



# Putting the Garden to Bed

The russet and gold colors of autumn may speak to you of big-screen bowl games, intricate turkey carvings, and hot toddies by the fireside, but the gardener knows better: There are outside chores to be done, and now.

Aside from being an excuse to get outdoors and breathe crisp, clean air, fall and winter garden chores allow you to escape from a household of gathered in-laws. No. What I meant to say was, cold-weather chores will protect your plants and give them a faster, healthier start come spring. That said, I must confess *my* first autumn garden chore is to gather all the fallen leaves in one huge glorious pile … and jump in them with my daughter, Hannah.

continued on page 130

# ALL I WANT ARE NIGHTS WITH LESS PAIN AND MORNINGS WITH LESS STIFFNESS.



## VIOXX IS HERE. 24-HOUR RELIEF FOR THE MOST COMMON TYPE OF ARTHRITIS PAIN, OSTEOARTHRITIS.

It isn't about winning a marathon. Or making you feel like a kid again. It's about controlling the pain that keeps you from doing everyday things. And VIOXX may help. VIOXX is a prescription medicine for osteoarthritis, the most common type of arthritis.

### ONE PILL—ALL DAY AND ALL NIGHT RELIEF.

You take VIOXX only once a day. Just one little pill can relieve your pain all day and all night for a full 24 hours.

### VIOXX EFFECTIVELY REDUCED PAIN AND STIFFNESS.

In clinical studies, once-daily VIOXX effectively reduced pain and stiffness. So VIOXX can help make it easier for you to do the things you want to do. Like getting out for an early morning walk with a friend.

### TAKE WITH OR WITHOUT FOOD.

VIOXX doesn't need to be taken with food. So, you don't have to worry about scheduling VIOXX around meals.

### IMPORTANT INFORMATION ABOUT VIOXX.

In rare cases, serious stomach problems, such as bleeding, can occur without warning. People with allergic reactions, such as asthma, to aspirin or other arthritis medicines should not take VIOXX.

Tell your doctor if you have liver or kidney problems, or are pregnant. Also, VIOXX should not be used by women in late pregnancy.

VIOXX has been extensively studied in large clinical trials. Commonly reported side effects included upper respiratory infection, diarrhea, nausea and high blood pressure. Report any unusual symptoms to your doctor.

### ASK YOUR DOCTOR OR HEALTHCARE PROFESSIONAL ABOUT VIOXX.

Call 1-877-7MERCK7 for more information, or visit vioxx.com. Please see important additional information on the next page.

ONCE DAILY

**VIOXX®**

(rofecoxib)

FOR EVERYDAY VICTORIES.

MERCK

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**...ormation about**
**...blets and oral suspension)**
**...onounced "VI-ox")**
**...oarthritis and Pain**
**Generic name: rofecoxib ("ro-fa-COX-ib")**

You should read this information before you start taking VIOXX®. Also, read the leaflet each time you refill your prescription, in case any information has changed. This leaflet provides only a summary of certain information about VIOXX. Your doctor or pharmacist can give you an additional leaflet that is written for health professionals that contains more complete information. This leaflet does not take the place of careful discussions with your doctor. You and your doctor should discuss VIOXX when you start taking your medicine and at regular checkups.

**What is VIOXX?**

VIOXX is a nonsteroidal anti-inflammatory drug (NSAID) that is used to reduce pain and inflammation (swelling and soreness). VIOXX is available as a tablet or a liquid that you take by mouth.

VIOXX is a medicine for:
- relief of osteoarthritis (the arthritis caused by age-related "wear and tear" on bones and joints)
- management of acute pain in adults (like the short-term pain you can get after a dental or surgical operation)
- treatment of menstrual pain (pain during women's monthly periods).

**Who should not take VIOXX?**

Do not take VIOXX if you:
- have had an allergic reaction such as asthma attacks, hives, or swelling of the throat and face to aspirin or other NSAIDs (for example, ibuprofen and naproxen).
- have had an allergic reaction to rofecoxib, which is the active ingredient of VIOXX, or to any of its inactive ingredients. (See Inactive Ingredients at the end of this leaflet.)

**What should I tell my doctor before and during treatment with VIOXX?**

Tell your doctor if you are:
- pregnant or plan to become pregnant. VIOXX should not be used in late pregnancy because it may harm the fetus.
- breast-feeding or plan to breast-feed. It is not known whether VIOXX is passed through to human breast milk and what its effects could be on a nursing child.

Tell your doctor if you have:
- kidney disease
- liver disease
- heart failure
- high blood pressure
- had an allergic reaction to aspirin or other NSAIDs
- had a serious stomach problem in the past.

Tell your doctor about:
- any other medical problems or allergies you have now or have had.
- all medicines that you are taking or plan to take, even those you can get without a prescription.

Tell your doctor if you develop:
- ulcer or bleeding symptoms (for instance, stomach burning or black stools, which are signs of possible stomach bleeding).
- unexplained weight gain or swelling of the feet and/or legs.
- skin rash or allergic reactions. If you have a severe allergic reaction, get medical help right away.

**How should I take VIOXX?**

VIOXX should be taken once a day. Your doctor will decide what dose of VIOXX you should take and how long you should take it. You may take VIOXX with or without food.

**Can I take VIOXX with other medicines?**

Tell your doctor about all of the other medicines you are taking or plan to take while you are on VIOXX, even other medicines that you can get without a prescription. Your doctor may want to check that your medicines are working properly together if you are taking other medicines such as:
- methotrexate (a medicine used to suppress the immune system)
- warfarin (a blood t...
- rifampin (an antibiot...
- ACE inhibitors (medicines used for high blood pressure and heart failure)
- lithium (a medicine used to treat a certain type of depression).

**What are the possible side effects of VIOXX?**

Serious but rare side effects that have been reported in patients taking V... and/or related medicines have included:

- Serious stomach problems, such as stomach and intestinal bleeding... occur with or without warning symptoms. These problems, if severe, ... lead to hospitalization or death. Although this happens rarely, you s... watch for signs that you may have this serious side effect and tell... doctor right away.
- Serious allergic reactions including swelling of the face, lips, to... and/or throat which may cause difficulty breathing or swallowing ... rarely but may require treatment right away. Severe skin reactions ... also been reported.
- Serious kidney problems occur rarely, including acute kidney failur... worsening of chronic kidney failure.
- Severe liver problems, including hepatitis and jaundice, occur rar... patients taking NSAIDs, including VIOXX. Tell your doctor if you de... symptoms of liver problems. These include nausea, tiredness, itc... tenderness in the right upper abdomen, and flu-like symptoms.

In addition, the following side effects have been reported: anxiety, confusion... loss, hallucinations, increased levels of potassium in the blood, low bloo... counts, tingling sensation, unusual headache with stiff neck (aseptic menin...

More common, but less serious side effects reported with VIOXX ... included the following:

Upper and/or lower respiratory infection and/or inflammation
Headache
Dizziness
Diarrhea
Nausea and/or vomiting
Heartburn, stomach pain and upset
Swelling of the legs and/or feet
High blood pressure
Back pain
Tiredness
Urinary tract infection.

These side effects were reported in at least 2% of osteoarthritis pat... receiving daily doses of VIOXX 12.5 mg to 25 mg in clinical studies.

The side effects described above do not include all of the side effects repo... with VIOXX. Do not rely on this leaflet alone for information about side eff... Your doctor or pharmacist can discuss with you a more complete list of ... effects. Any time you have a medical problem you think may be relate... VIOXX, talk to your doctor.

**What else can I do to help manage my osteoarthritis pain?**

Talk to your doctor about:
- Exercise
- Controlling your weight
- Hot and cold treatments
- Using support devices.

**What else should I know about VIOXX?**

This leaflet provides a summary of certain information about VIOXX. If... have any questions or concerns about VIOXX, osteoarthritis or pain, ta... your health professional. Your pharmacist can give you an additional le... that is written for health professionals.

Do not share VIOXX with anyone else; it was prescribed only for you. It sh... be taken only for the condition for which it was prescribed.

Keep VIOXX and all medicines out of the reach of children.

Inactive Ingredients:

Oral suspension: citric acid (monohydrate), sodium citrate (dihydrate), sor... solution, strawberry flavor, xanthan gum, sodium methylparaben, soc... propylparaben

Tablets: croscarmellose sodium, hydroxypropyl cellulose, lactose, magnes... stearate, microcrystalline cellulose, and yellow ferric oxide.

Issued March 2001

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Whitehouse Station, NJ 08889, USA

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The sloppy flopper



The furry spotter



The snacking stainer

# Introducing the 10-minute Makeover.



Your nearest and dearest can ruin your furniture in no time. And there are two things you can do about it. Replace it. Or recover it. At a fraction of the cost with Sure Fit Slipcovers. They're available in a wide variety of fashionable upholstery fabrics. To make your furniture look brand new in minutes.

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**It's time for a change.**

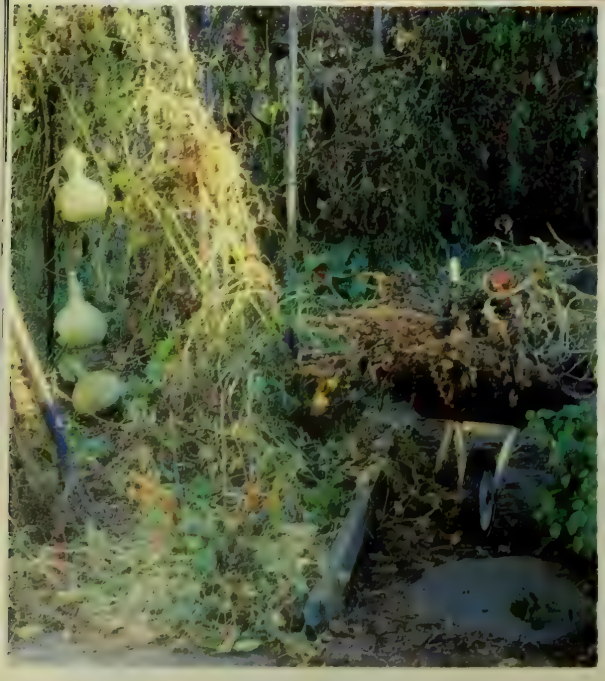
00 Sure Fit, Inc. Sure Fit, Inc. 939 Marcon Blvd., Allentown, PA 18103

continued from page 126



**Protect new plants**
These blue hollies were planted late in the season, so Christine Froehlich thought they would benefit from a cloak of burlap.

**Don't forget your veggies**
Most of your vegetables may be dead and gone, but they still need your attention. Think compost.



Winter protection starts with planting the appropriate plants. Palm trees do not grow in Connecticut. You knew that. But did you know that most modern tea roses are similarly doomed there? In that state's region known as "the icebox"—and, unfortunately, much of the rest of the Northeast and upper Midwest—hybrid teas are expensive annuals. So savvy gardeners plant what will live, and then they often give plants a helping hand. Christine Froehlich of Kent, Connecticut, drives wooden stakes around newly planted hollies (*above*) and staples sheets of burlap around these shrubs to protect them from desiccating winter winds. She folds the burlap back into a triple layer on each side of the stake where the staples go, giving the attachments something to sink their teeth into. Next year, her babies won't need this coddling.

continued on page 132



# shopping the day after Thanksgiving.

...at. are you crazy? And they want dinner. What, are *they* crazy?

Here's something you can do with your leftover turkey in less than

*15 minutes* that's delicious. All your little turkeys will gobble it up.



## *Bisquick® turkey pot pie*

*1 can cream of chicken soup*
*1 C chopped turkey*
*1 bag frozen vegetables*
*1 1/4 C Bisquick*
*1/2 C milk*
*1 egg*

*Preheat oven to 400°. Combine soup, turkey and vegetables in 9" pie plate. Stir together remaining ingredients, pour over turkey mixture and bake 30 min.*






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# Putting the Garden to

continued from page 130



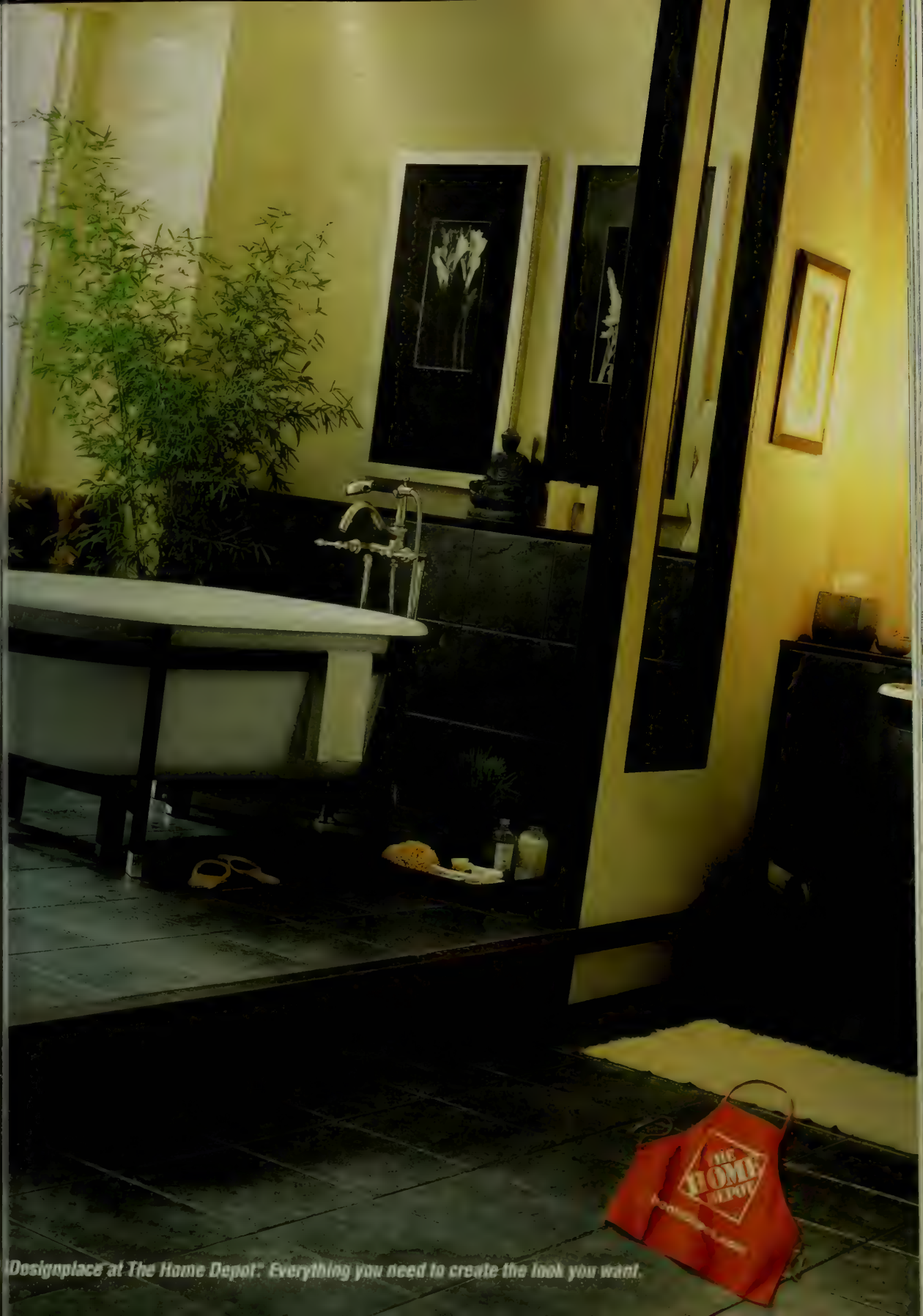
**Cut 'em back**
Penny Michels of Norfolk, Connecticut, cuts back perennials after they become khaki, tattered, and unattractive (*right*). She leaves a tuft as a marker so she doesn't step on them.

**One last drink**
Conifers and broad-leaved evergreens need a last deep drink before the soil freezes. Louise Weber (*below*) leaves the hose on at just a weak spray for several hours.



Louise Weber, who gardens in Old Greenwich, Connecticut, gives this advice for cleaning up the vegetable garden: "Tomatoes, beans, morning glories—just grab hold and rip them out." Oomph. Done. Well, not quite. You take that dead stuff and cart it off to your compost pile. Former foliage may be beige today, but next year it will be garden gold. Diseased plant material, however, needs to be bagged and disposed of so you don't preserve a legacy of illness. Likewise fallen fruit, which may harbor the eggs of next year's garden pests. Louise cuts down bottle gourds after a killing frost, but leaves a couple of inches of stem attached to keep them from rotting as they dry inside her house. Then she applies a layer of chopped leaves on her vegetable bed, with an eye toward tilling them under next spring.

continued on page 134




Designplace at The Home Depot.® Everything you need to create the look you want.

# Putting the Garden to Bed

continued from page 132




**Save those tender bulbs**

Cannas are newly trendy, but they are also tender. Save money by lifting and storing them.

1. Wait until frost blackens foliage before you attack those tubers.
2. Carefully lift the clump with a fork or shovel.
3. Comb soil from tubers with your fingers, then let tubers dry in your garage for a day or two.
4. Place tubers in a box or pot, covered and separated by damp peat moss. Store in a cool and dark spot, such as your basement. Replant after last frost in spring.

One last word about cold-weather cleanup—mulch. A healthy layer of mulch hides a multitude of sins. Looks nice, and prevents plants from shooting out of the ground in spring's confusing freeze-and-thaw-and-freeze-again cycle. But there is one misconception: Mulch does not *prevent* freezing. Mulch is intended to *keep* ground frozen. That way plants won't send out tender new growth at the first hint of late-winter sun—only to get burned and blackened when temperatures plummet again night after night. Apply winter mulch heavily around and even on top of the crowns after the ground has first frozen. You will need to pull the mulch off the crowns eventually, but that can wait until spring has completely sprung. By then, your plants will have gotten the all-clear alert, and you will finally have placed those photos of last fall's leaf-pile frolics in your scrapbook.

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## Fresh Fruit Box

*Repeated by popular demand!* Fresh from the groves of Indian River, Florida, and available by special arrangement with Gracewood Groves, this *exclusive* **Citrus and Tea Time Gift Box** includes about 15 pounds (five or six of each fruit) of sweet navel oranges, tangelos (a tangerine/grapefruit combination), and juicy ruby-red grapefruit. We also include four grapefruit spoons, a box of apricot tea, an 8-ounce jar of orange blossom honey, a linen tea towel, and kitchen-tested recipes. Shipments begin in mid-November. *Please note: If you choose to specify a shipping date after January 1, 2002, we substitute honeybell tangelos for the Florida tangelos.*

Your special *Better Homes and Gardens*® price is $25.97, plus $6.95 for shipping and handling. The regular price of this package is $51.95, plus $6.95 shipping and handling.

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## Cookies and Cocoa

The weather outside may be frightful, but the scents of freshly baked snickerdoodle cookies, hot cocoa, cinnamon, and cider are delightful. Our *exclusive* **Cookies and Cocoa Gift Basket**, from the 133-year-old, family-owned Watkins Incorporated, includes items to make the season special. Each basket contains 11.6 ounces of cookie mix, 1.8 ounces of holiday baking spice, 3.9 ounces of pure cocoa, 6.3 ounces of French vanilla cocoa, 6.3 ounces of Irish cream cocoa, 6 ounces of cinnamon, 11 ounces of Watkins vanilla, and 4.4 ounces of cinnamon sticks. Choose immediate, Thanksgiving, Hanukkah, or Christmas delivery.

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**Conseco** (con-see-co)
*verb*: to deal with money in a smart and educated manner.
*e.g., Ron sure is enjoying his retirement after conseco-ing all these years.*

CONSECO.
Step up.

by Craig Summers Black

editor's choice

# A Fringe on Top

**No, these aren't flowering pineapples held aloft on mighty stems in the spring garden. These striking sculptural blooms—groups of 10 or so 2½-inch flowers under a frilly green cap—are from the largest of the fritillaria, the crown imperial. The yellow Lutea variety shows the outsize form to best advantage—bold but not overpowering. A small grouping of three or five (OK, seven) Luteas is a refreshing eye-catcher, even at a distance, especially when surrounded by a soft blue lake of forget-me-nots (*myosotis*) and maybe some small white daffs or tulips. An alternative combo: a large white froth of *Anemone blanda* and a sprinkling of blue hyacinth.**

**Like most spring bulbs, you plant fritillarias in the fall (say, about now) and wait and wait and wait. Sink these large bulbs deeper than most—6 to 8 inches. When spring finally does that spring thing, Lutea will rise large like the sun.**

**Light:** Full sun. ■ **Hardiness:** To 20° below zero.
**Growth habit:** 2½ to 3 feet tall. ■ **Bloom time:** Midspring.
**To order:** See *page 147*

*Crown imperial*
*(Fritillaria imperialis Lutea)*

continued on page 142




# Celebrate

## Powerful 24-hour Relief from Osteoarthritis

### PAIN ▪ INFLAMMATION ▪ STIFFNESS

**Celebrex** is the first prescription arthritis medicine that specifically targets only the COX-2 enzyme – a key source of arthritis pain. Celebrex can help you through the day with activities like walking, standing or climbing stairs, and through the night while resting in bed. And that's definitely worth celebrating.

**Important Celebrex Information.** Celebrex should not be taken in late pregnancy or if you've had aspirin-sensitive asthma or allergic reactions to aspirin or other arthritis medicines or certain drugs called sulfonamides. In rare cases serious stomach problems, such as bleeding can occur without warning. The most common side effects in clinical trials were indigestion, diarrhea and abdominal pain. Tell your doctor if you have kidney or liver problems. For more information, call 1-888-Celebrex or visit www.celebrex.com.

**Ask Your Doctor If A Free Sample Of Celebrex Is Right For You.**

CELEBREX®
(CELECOXIB CAPSULES) 100 mg 200 mg

see important product information on adjacent page.
Searle, a subsidiary of Pharmacia Corporation UX0012325

Pharmacia Pfizer

# BRIEF SUMMARY—CELEBREX® (celecoxib) Capsules

**INDICATIONS AND USAGE**

For relief of the signs and symptoms of OA, and of RA in adults

**CONTRAINDICATIONS**

CELEBREX is contraindicated in patients with known hypersens[illegible]ad not be given to patients who have demonstrated allergic-type[illegible]x should not be given to patients who have experienced asthma[illegible]ns after taking aspirin or other NSAIDs. Severe, rarely fatal, anap[illegible]eve been reported in such patients (see WARNINGS—Anaphyl[illegible]NS—Preexisting Asthma).

**WARNINGS**

**Gastrointestinal (GI) Effects—Risk of GI Ulceration, Bleedi[illegible]toxicity** such as bleeding, ulceration, and perforation of the stoma[illegible]me, can occur at any time, with or without warning symptoms, in[illegible]or upper GI problems, such as dyspepsia, are common and may al[illegible]D therapy. Therefore, physicians and patients should remain alert fo[illegible] absence of previous GI tract symptoms. Patients should be infor[illegible]ymptoms of serious GI toxicity and the steps to take if they occur. O[illegible]erious upper GI adverse event on NSAID therapy is symptomatic u[illegible]r perforation, caused by NSAIDs, appear to occur in approximately 1% of patients treated for 3–6 months, and in about 2–4% of patients treated for one year. These trends continue thus, increasing the likelihood of developing a serious GI event at some time during the course of therapy. However, even short-term therapy is not without risk. It is unclear, at the present time, how the above rates apply to CELEBREX (see CLINICAL STUDIES—Special Studies in the complete prescribing information). Among 5,285 patients who received CELEBREX in controlled clinical trials of 1 to 6 months duration (most were 3 month studies) at a daily dose of 200 mg or more, 2 (0.04%) experienced significant upper GI bleeding, at 14 and 22 days after initiation of dosing. Approximately 40% of these 5,285 patients were in studies that required them to be free of ulcers by endoscopy at study entry. Thus it is unclear if this study population is representative of the general population. Prospective, long-term studies required to compare the incidence of serious, clinically significant upper GI adverse events in patients taking CELEBREX vs. comparator NSAID products have not been performed. NSAIDs should be prescribed with extreme caution in patients with a prior history of ulcer disease or GI bleeding. Most spontaneous reports of fatal GI events are in elderly or debilitated patients and therefore special care should be taken in treating this population. **To minimize** the potential risk for an **adverse GI event, the lowest effective dose should be used for the shortest** possible duration. For high risk patients, alternate therapies that do not involve NSAIDs should be considered. Studies have shown that patients with a *prior history of peptic ulcer disease and/or GI bleeding* and who use NSAIDs, have a greater than 10-fold higher risk for developing a GI bleed than patients with neither of these risk factors. In addition to a past history of ulcer disease, pharmacoepidemiological studies have identified several other co-therapies or co-morbid conditions that may increase the risk for GI bleeding such as: treatment with oral corticosteroids, treatment with anticoagulants, longer duration of NSAID therapy, smoking, alcoholism, older age, and poor general health status.

**Anaphylactoid Reactions**: As with NSAIDs in general, anaphylactoid reactions have occurred in patients without known prior exposure to CELEBREX. In post-marketing experience, rare cases of anaphylactic reactions and angioedema have been reported in patients receiving CELEBREX. CELEBREX should not be given to patients with the aspirin triad. This symptom complex typically occurs in asthmatic patients who experience rhinitis with or without nasal polyps, or who exhibit severe, potentially fatal bronchospasm after taking aspirin or other NSAIDs (see CONTRAINDICATIONS and PRECAUTIONS—Preexisting Asthma). Emergency help should be sought in cases where an anaphylactoid reaction occurs.

**Advanced Renal Disease**: Treatment with CELEBREX is not recommended.

**Pregnancy:** In late pregnancy CELEBREX should be avoided because it may cause premature closure of the ductus arteriosus.

**PRECAUTIONS**

**General:** CELEBREX cannot be expected to substitute for corticosteroids or to treat corticosteroid insufficiency. The pharmacological activity of CELEBREX in reducing inflammation, and possibly fever, may diminish the utility of these diagnostic signs in detecting infectious complications of presumed noninfectious, painful conditions.

**Hepatic Effects**: Borderline elevations of one or more liver tests may occur in up to 15% of patients taking NSAIDs, and notable elevations of ALT or AST (approximately three or more times the upper limit of normal) have been reported in approximately 1% of patients in clinical trials with NSAIDs. These laboratory abnormalities may progress, may remain unchanged, or may be transient with continuing therapy. Rare cases of severe hepatic reactions, including jaundice and fatal fulminant hepatitis, liver necrosis and hepatic failure (some with fatal outcome) have been reported with NSAIDs, including CELEBREX. (See ADVERSE REACTIONS—post-marketing experience.) In controlled clinical trials of CELEBREX, the incidence of borderline elevations of liver tests was 6% for CELEBREX and 5% for placebo, and approximately 0.2% of patients taking CELEBREX and 0.3% of patients taking placebo had notable elevations of ALT and AST. A patient with symptoms and/or signs suggesting liver dysfunction, or in whom an abnormal liver test has occurred, should be monitored carefully for evidence of the development of a more severe hepatic reaction while on therapy with CELEBREX. If clinical signs and symptoms consistent with liver disease develop, or if systemic manifestations occur (e.g., eosinophilia, rash, etc.), CELEBREX should be discontinued.

**Renal Effects**: Long-term administration of NSAIDs has resulted in renal papillary necrosis and other renal injury. Renal toxicity has also been seen in patients in whom renal prostaglandins have a compensatory role in the maintenance of renal perfusion. In these patients, administration of an NSAID may cause a dose-dependent reduction in prostaglandin formation and, secondarily, in renal blood flow, which may precipitate overt renal decompensation. Patients at greatest risk of this reaction are those with impaired renal function, heart failure, or liver dysfunction, those taking diuretics and ACE inhibitors, and the elderly. Discontinuation of NSAID therapy is usually followed by recovery to the pretreatment state. Clinical trials with CELEBREX have shown renal effects similar to those observed with comparator NSAIDs. Caution should be used when initiating treatment with CELEBREX in patients with considerable dehydration. It is advisable to rehydrate patients first and then start therapy with CELEBREX. Caution is also recommended in patients with pre-existing kidney disease (see WARNINGS—Advanced Renal Disease).

**Hematological Effects**: Anemia may occur. In controlled clinical trials the incidence of anemia was 0.6% with CELEBREX and 0.4% with placebo. Patients on long-term treatment with CELEBREX should have their hemoglobin or hematocrit checked if they exhibit any signs or symptoms of anemia or blood loss. CELEBREX does not generally affect platelet counts, prothrombin time (PT), or partial thromboplastin time (PTT), and does not appear to inhibit platelet aggregation at indicated dosages (See CLINICAL STUDIES—Special Studies—Plateiets in the complete prescribing information).

**Fluid Retention and Edema**: Fluid retention and edema may occur (see ADVERSE REACTIONS). Therefore, CELEBREX should be used with caution in patients with fluid retention, hypertension, or heart failure.

**Preexisting Asthma:** Do not use in patients with aspirin-sensitive asthma because of the risk of severe bronchospasm. Use with caution in patients with preexisting asthma.

**Laboratory Tests:** Because serious GI tract ulcerations and bleeding can occur without warning symptoms, physicians should monitor for signs or symptoms of GI bleeding. During the controlled clinical trials, there was an increased incidence of hyperchloremia in patients receiving celecoxib compared with patients on placebo. Other laboratory abnormalities that occurred more frequently in the patients receiving celecoxib included hypophosphatemia, and elevated BUN. These laboratory abnormalities were also seen in patients who received comparator NSAIDs in these studies. The clinical significance of these abnormalities has not been established.

**Drug Interactions:** ***General:*** Celecoxib metabolism is predominantly mediated via cytochrome P450 2C9 in the liver. Co-administration of celecoxib with drugs that are known to inhibit 2C9 should be done with caution. In vitro studies, indicate that celecoxib, although not a substrate, is an inhibitor of cytochrome P450 2D6. Therefore, there is a potential for an *in vivo* drug interaction with drugs that are metabolized by P450 2D6. ***ACE-inhibitors***: Reports suggest that NSAIDs may diminish the antihypertensive effect of Angiotensin Converting Enzyme (ACE) inhibitors. This interaction should be given consideration in patients taking CELEBREX concomitantly with ACE-inhibitors. ***Furosemide***: Clinical studies, as well as post-marketing observations, have shown that NSAIDs can reduce the natriuretic effect of furosemide and thiazides in some patients. This response has been attributed to inhibition of renal prostaglandin synthesis. ***Aspirin***: CELEBREX can be used with low dose aspirin. However, concomitant administration of aspirin with CELEBREX may result in an increased rate of GI ulceration or other complications, compared to use of CELEBREX alone (see CLINICAL STUDIES: Special Studies—Gastrointestinal in the complete prescribing information). **Because of its lack of platelet effects, CELEBREX is not a substitute for aspirin for cardiovascular prophylaxis.** ***Fluconazole***: Concomitant administration of fluconazole at 200 mg QD resulted in a two fold increase in celecoxib plasma concentration. This increase is due to the inhibition of celecoxib metabolism via P450 2C9 by fluconazole (see Pharmacokinetics: Metabolism). CELEBREX should be introduced at the lowest recommended dose to patients receiving fluconazole. ***Lithium***: In a study conducted in healthy subjects, mean steady-state lithium plasma levels increased approximately 17% in subjects receiving lithium 450 mg BID with CELEBREX 200 mg BID as compared to subjects receiving lithium alone. Patients on lithium treatment should be closely monitored when CELEBREX is introduced or withdrawn. ***Methotrexate:*** In an interaction study of rheumatoid arthritis patients taking methotrexate, CELEBREX did not have a significant effect on the pharmacokinetics of methotrexate. ***Warfarin:*** As coagulant activity should be monitored, particularly in the first few days, after initiating or changing CELEBREX therapy in patients receiving warfarin or similar agents, since these patients are at increased risk of bleeding complications. The effect of celecoxib on the anticoagulant effect of warfarin was studied in a group of healthy subjects receiving daily doses of 2–5 mg of warfarin. In these subjects, celecoxib did not alter the anticoagulant effect of warfarin as determined by prothrombin time. However, in post-marketing experience, bleeding events have been reported, predominantly in the elderly, in association with increases in prothrombin time in patients receiving CELEBREX currently with warfarin. **Carcinogenesis, mutagenesis, impairment of fertility:** Celecoxib was not carcinogenic in rats given oral doses up to 200 mg/kg for males and 10 mg/kg for females (approximately 2- to 4-fold the human exposure as measured by the $AUC_{0-24}$ at 200 mg BID) or in mice given oral doses up to 25 mg/kg for males and 50 mg/kg for females (approximately equal to human exposure as measured by the $AUC_{0-24}$ at 200 mg BID) for two years. Celecoxib was not mutagenic in an Ames test and a mutation assay in Chinese hamster ovary (CHO) cells, nor clastogenic in a chromosome aberration assay in CHO cells and an *in vivo* micronucleus test in rat bone marrow. Celecoxib did not impair male and female fertility in rats at oral doses up to 600 mg/kg/day (approximately 11-fold human exposure at 200 mg BID based on the $AUC_{0-24}$).

**Pregnancy: *Teratogenic effects:*** Pregnancy Category C. Celecoxib was not teratogenic in rabbits up to an oral dose of 60 mg/kg/day (equal to human exposure at 200 mg BID as measured by $AUC_{0-24}$), however, at oral doses ≥150 mg/kg/day (approximately 2-fold human exposure at 200 mg BID as measured by $AUC_{0-24}$), an increased incidence of fetal alterations, such as ribs fused, sternebrae fused and sternebrae misshapen, was observed. A dose-dependent increase in diaphragmatic hernia was observed in one of two rat studies at oral doses ≥30 mg/kg/day (approximately 6-fold human exposure based on the $AUC_{0-24}$ at 200 mg BID). There are no studies in pregnant women. CELEBREX should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. ***Nonteratogenic effects:*** Celecoxib produced preimplantation and post-implantation losses, reduced embryo/fetal survival in rats at oral dosages ≥50 mg/kg/day (approximately 6-fold human exposure based on the $AUC_{0-24}$ at 200 mg BID). These changes are expected with inhibition of prostaglandin synthesis and are not the result of permanent alteration of female reproductive function nor are they expected at clinical exposures. No studies have been conducted to evaluate the effect of celecoxib on the closure of the ductus arteriosus in humans. Therefore, use of CELEBREX during the third trimester of pregnancy should be avoided. **Labor and delivery:** Celecoxib produced evidence of delayed labor or parturition at oral doses up to 100 mg/kg in rats (approximately 7-fold human exposure as measured by the $AUC_{0-24}$ at 200 mg BID). The effects of CELEBREX on labor and delivery in pregnant women are unknown. **Nursing mothers:** It is not known whether this drug is excreted in human milk. Because many drugs are excreted in human milk and because of the potential for serious adverse reactions in nursing infants from CELEBREX, a decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the mother.

**Pediatric Use**: Safety and effectiveness in pediatric patients below the age of 18 years have not been evaluated.

**Geriatric Use:** Of the total number of patients who received CELEBREX in clinical trials, more than 2,100 were 65–74 years of age, while approximately 800 additional patients were 75 years and over. While the incidence of adverse experiences tended to be higher in elderly patients, no substantial differences in safety and effectiveness were observed between these subjects and younger subjects. Other reported clinical experience has not identified differences in response between the elderly and younger patients, but greater sensitivity of some older individuals cannot be ruled out. In clinical studies comparing renal function as measured by the GFR, BUN and creatinine, and platelet function as measured by bleeding time and platelet aggregation, the results were not different between elderly and young volunteers.

**ADVERSE REACTIONS**

**Adverse events occurring in ≥2% of Celebrex patients from controlled arthritis trials, regardless of causality at recommended doses (N=4146):** abdominal pain 4.1%, diarrhea 5.6%, dyspepsia 8.[illegible] flatulence 2.2%, nausea 3.5%, back pain 2.8%, peripheral edema 2.1%, injury-accidental 2.9%, dizziness 2.0%, headache 15.8%, insomnia 2.3%, pharyngitis 2.3%, rhinitis 2.0%, sinusitis 5.0%, upper respiratory tract infection 8.1%, rash 2.2%. In placebo- or active-controlled clinical trials, the discontinuation rate due to adverse events was 7.1% for patients receiving CELEBREX and 6.1% for patients receiving placebo. Among the most common reasons for discontinuation due to adverse events for the CELEBREX treatment groups were dyspepsia and abdominal pain (cited as reasons for discontinuation in 0.8% and 0.7% of CELEBREX patients, respectively). Among patients receiving placebo, 0.[illegible] discontinued due to dyspepsia and 0.6% withdrew due to abdominal pain. The following adverse events occurred in 0.1–1.9% of patients regardless of causality.

**Celebrex (100–200 mg BID or 200 mg QD):** ***GI:*** Constipation, diverticulitis, dysphagia, eructation, esophagitis, gastritis, gastroenteritis, gastroesophageal reflux, hemorrhoids, hiatal hernia, melena, dry mouth, stomatitis, tenesmus, tooth disorder, vomiting; ***Cardiovascular:*** Aggravated hypertension, angina pectoris, coronary artery disorder, myocardial infarction; ***General:*** Allergy aggravated, allergic reaction, asthenia, chest pain, cyst NOS, edema generalized, face edema, fatigue, fever, hot flush, influenza-like symptoms, pain, peripheral pain; ***Resistance mechanism disorders:*** Herpes simplex, herpes zoster, infection bacterial, infection fungal, infection soft tissue, infection viral, moniliasis, moniliasis genital, otitis media; ***Central, peripheral nervous system:*** Leg cramps, hypertonia, hypoesthesia, migraine, neuralgia, neuropathy, paresthesia, vertigo; ***Female reproductive:*** Breast fibroadenosis, breast neoplasm, breast pain, dysmenorrhea, menstrual disorder, vaginal hemorrhage, vaginitis; ***Male reproductive:*** Prostatic disorder; ***Hearing and vestibular:*** Deafness, ear abnormality, earache, tinnitus; ***Heart rate and rhythm:*** Palpitation, tachycardia; ***Liver and biliary system:*** Hepatic function abnormal, SGOT increased, SGPT increased; ***Metabolic and nutritional:*** BUN increased, [illegible] increased, diabetes mellitus, hypercholesterolemia, hyperglycemia, hypokalemia, NPN increase, [illegible]atinine increased, alkaline phosphatase increased, weight increase; ***Musculoskeletal:*** Arthralgia, arthrosis, bone disorder, fracture accidental, myalgia, neck stiffness, synovitis, tendinitis; ***Platelet (bleeding or clotting):*** Ecchymosis, epistaxis, thrombocythemia; ***Psychiatric:*** Anorexia, anxiety, appetite increased, depression, nervousness, somnolence; ***Hemic:*** Anemia; ***Respiratory:*** Bronchitis, bronchospasm, bronchospasm aggravated, coughing, dyspnea, laryngitis, pneumonia; ***Skin appendages:*** Alopecia, dermatitis, nail disorder, photosensitivity reaction, pruritus, rash erythematous, rash maculopapular, skin disorder, skin dry, sweating increased, urticaria; ***Application disorders:*** Cellulitis, dermatitis contact, injection site reaction, skin nodule; ***Special senses:*** Taste perversion; ***Urinary system:*** Albuminuria, cystitis, dysuria, hematuria, micturition frequency, renal calculus, urinary incontinence, urinary tract infection; ***Vision:*** Blurred vision, cataract, conjunctivitis, eye pain, glaucoma.

**Other serious adverse reactions which occur rarely (estimated <0.1%), regardless of causality:** following serious adverse events have occurred rarely in patients taking CELEBREX. Cases reported only in the post-marketing experience are indicated in italics. ***Cardiovascular:*** Syncope, congestive heart failure, ventricular fibrillation, pulmonary embolism, cerebrovascular accident, peripheral gangrene, thrombophlebitis, *vasculitis;* ***GI:*** Intestinal obstruction, intestinal perforation, gastrointestinal bleeding, colitis with bleeding, esophageal perforation, pancreatitis, ileus; ***Liver and biliary system:*** Cholelithiasis, *hepatitis, jaundice, liver failure;* ***Hemic and lymphatic:*** Thrombocytopenia, *agranulocytosis, aplastic anemia, pancytopenia, leukopenia;* ***Metabolic:*** *Hypoglycemia;* ***Nervous system:*** Ataxia, suicide; ***Renal:*** Acute renal failure, *interstitial nephritis;* ***Skin:*** *Erythema multiforme, exfoliative dermatitis, Stevens-Johnson syndrome, toxic epidermal necrolysis;* ***General:*** Sepsis, sudden death, *anaphylactoid reaction, angioedema.*

**OVERDOSAGE**

Symptoms following acute NSAID overdoses are usually limited to lethargy, drowsiness, nausea, vomiting, and epigastric pain, which are generally reversible with supportive care. GI bleeding can occur. Hypertension, acute renal failure, respiratory depression and coma may occur, but are rare. Anaphylactoid reactions have been reported with therapeutic ingestion of NSAIDs, and may occur following an overdose. Patients should be managed by symptomatic and supportive care following an NSAID overdose. There are no specific antidotes. No information is available regarding the removal of celecoxib by hemodialysis, but based on its high degree of plasma protein binding (>97%) dialysis is unlikely to be useful in overdose. Emesis and/or activated charcoal (60 to 100 g in adults, 1 g/kg in children) and/or osmotic cathartic may be indicated in patients seen within 4 hours of ingestion with symptoms or following a large overdose. Forced diuresis, alkalinization of urine, hemodialysis, or hemoperfusion may not be useful due to high protein binding.

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Every time I think, I glow. Every time I learn, I grow
Barbie
Style
Barbie

continued from page 138



**The theatrical entrance to Thomas Hobbs' front yard (*right*) is guarded by a Mediterranean fan palm. Despite his gardener-as-showman persona, "privacy is what I crave most," he says. "It is essential."**

## looking good

### A half-acre Hollywood in Canada

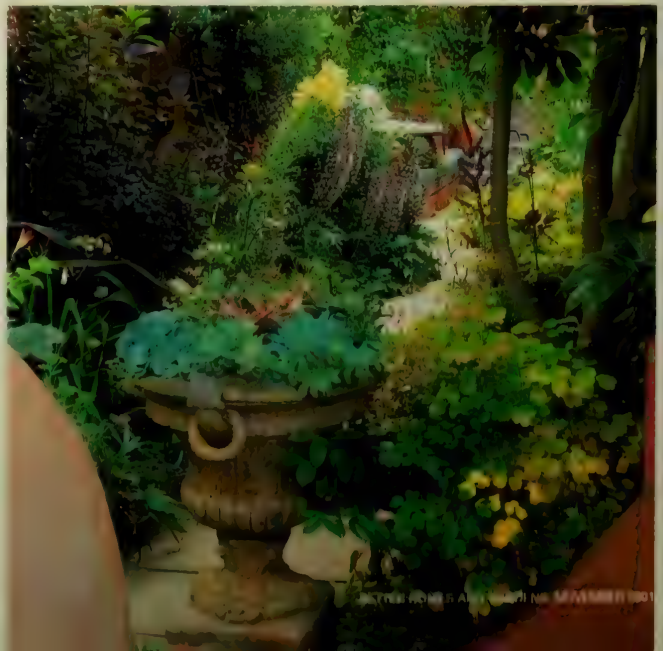
Think of your garden rooms, as does Thomas Hobbs, as theater—"staged incidents," he calls them, and "opportunities for quiet meditation or gasps of surprise." So despite gardening in Vancouver, Thomas has laid out a landscape equal parts Norma Desmond, "Hotel California," and madcap horticultural obsession. Witness the palms, papyrus, bananas, succulents, and a hedge—a *hedge*, for goodness sake!—of euphorbia. "Fearless gardening means taking risks, going where saner types would never venture," he says. "But everything has to work together to convey romantic, exuberant, sensuous style." And somehow, you must admit, it does.

continued on page 144

**Tiled areas are landscaped with a succession of densely planted pots (*below*), which Thomas refers to as "portable drama."**



**Thomas (*right*) admits some of the best parts of his garden grew out of "rampages" in which he became totally dissatisfied with a whole section and utterly transformed it.**



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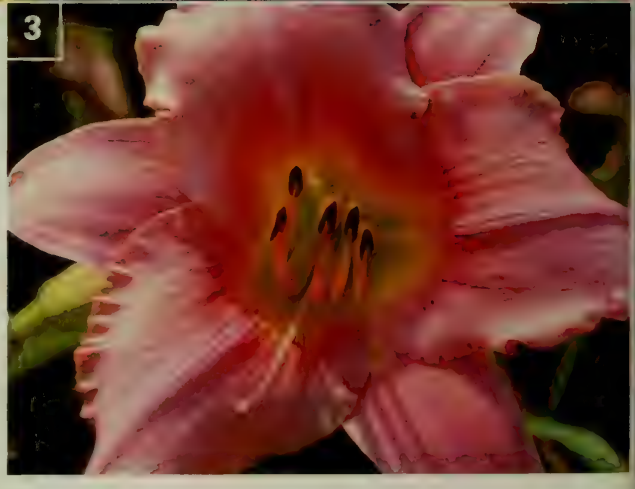

The result? More healthy years for your dog. And perhaps, a little less embarrassment at the beach.

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continued from page 142







1 2 3

## test garden tip

**Dazzling die-hard daylilies**

Many industry groups herald their "plants of the year" in an endless parade of posies whose only virtue may be that they are new. New isn't necessarily better, and after testing new plants in the *BH&G*® Test Garden, we often let them go unmentioned in our pages. But the All-American Daylily Selection Council has been quietly evaluating performance for eight years, and their stamp of approval is legitimate cause for notice. Heretofore sporadic, with their 2002 selections the council begins a yearly trumpeting of the best of the thousands upon thousands of daylilies.

continued on page 146

1. **Bitsy** This 2002 winner is a little charmer, but bullet-proof in the landscape. Although small, it is bone hardy, thriving in tundra or tropics, Minneapolis or Miami. And—get this—it blooms from 85 to an amazing 275 days.

2. **Leebea Orange Crush** This is no ordinary orange daylily. Note the subtle richness of Leebea's tricolors: peach, tangerine, and gold-green. Then there's that blue-green foliage. Its bloom time? Forty-five to 175 days.

3. **Judith** Here's a tall gal that blooms in varying shades of delicious pink for, depending on the length of your growing season, 45 to 150 days. The flowers are large and many.


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Juanita Miles, 51
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continued from page 144



4 5 6

4. **Lullaby Baby** Sometimes the Daylily Council recommends a variety more for the beauty of its blooms than the endurance of its flowers. Lullaby Baby was selected primarily for its ruffled, diamond-dusted, near-white petals and its light fragrance. Still, it does bloom for 25 to 99 days, much longer than the average daylily's two or three weeks. (1998 winner.)

5. **Starstruck** Then again, the Daylily Council analyzes 52 characteristics, and blossom size is naturally one of them. Starstruck's ruffles measure an eye-opening 7 inches across. Its bloom time? 26 to 140 days. And it is one of the daylily kingdom's few late-season bloomers. (1998 winner.)

6. **Black-Eyed Stella** You probably know this one, or more likely its mom, the renowned all-yellow Stella de Oro. This two-tone offspring has incredible heat resistance and an almost frost-to-frost blooming season of 100 to 297 days. This was the Daylily Council's first selection ever. (1994 winner.)

To order, see page 147

Buying information, page 279

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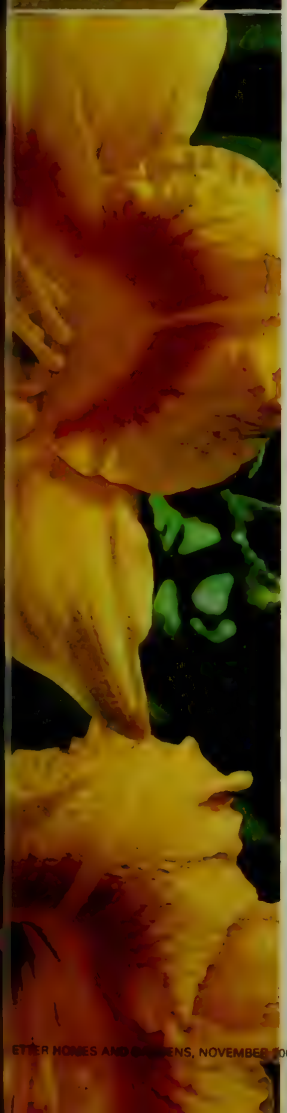



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## TO ORDER THE EDITOR'S CHOICE



Plant this month's featured bulb from *page 138*, the fringe-ful crown imperial fritillarea (*Fritillaria imperialis Lutea*), now for spring blooms. Our collection contains three bulbs shipped at the proper time for planting in your zone (10/15/01 to 11/30/01). One collection costs $44.95; additional collections are $39 each. *Please order early; collections are limited and we ship on a first-come, first-served basis.* Sorry, we are unable to ship to Alaska, Hawaii, Canada, Mexico, or Puerto Rico. Ordering information *below.*

## TO ORDER DAYLILIES



Try the award-winning daylily varieties featured on *pages 144 and 146. Mix and match!* Choose any three from the list below for $39.95; add additional varieties for just $10 each. Prices include shipping, handling, and applicable sales tax. From Oakes Daylilies, we ship extra-large triple division fans at the proper time for your zone (about February 15, 2002 to November 15, 2002). Credit card orders will not be charged until February 1, 2002. *Please order early; collections are limited and we ship on a first-come, first-served basis.* Sorry, no shipments to Alaska, Hawaii, Canada, Mexico, or Puerto Rico.

Choose from these varieties:

- •Bitsy (lemon yellow)
- •Leebea Orange Crush (peach, tangerine, gold/green)
- •Judith (pink)
- •Lullaby Baby (near white)
- •Starstruck (deep yellow)
- •Black-Eyed Stella (yellow with a red eye)

**TO ORDER** with your MasterCard, Visa, Discover, or American Express card, call 800/881-4066. To order by mail, specify item(s) desired, and send a check or money order to: *Better Homes and Gardens®* Reader Shopping, Dept. 0111, Box 9128, Des Moines, IA 50306-9128. Or visit *www.bhgcatalog.com* on the Web to order.

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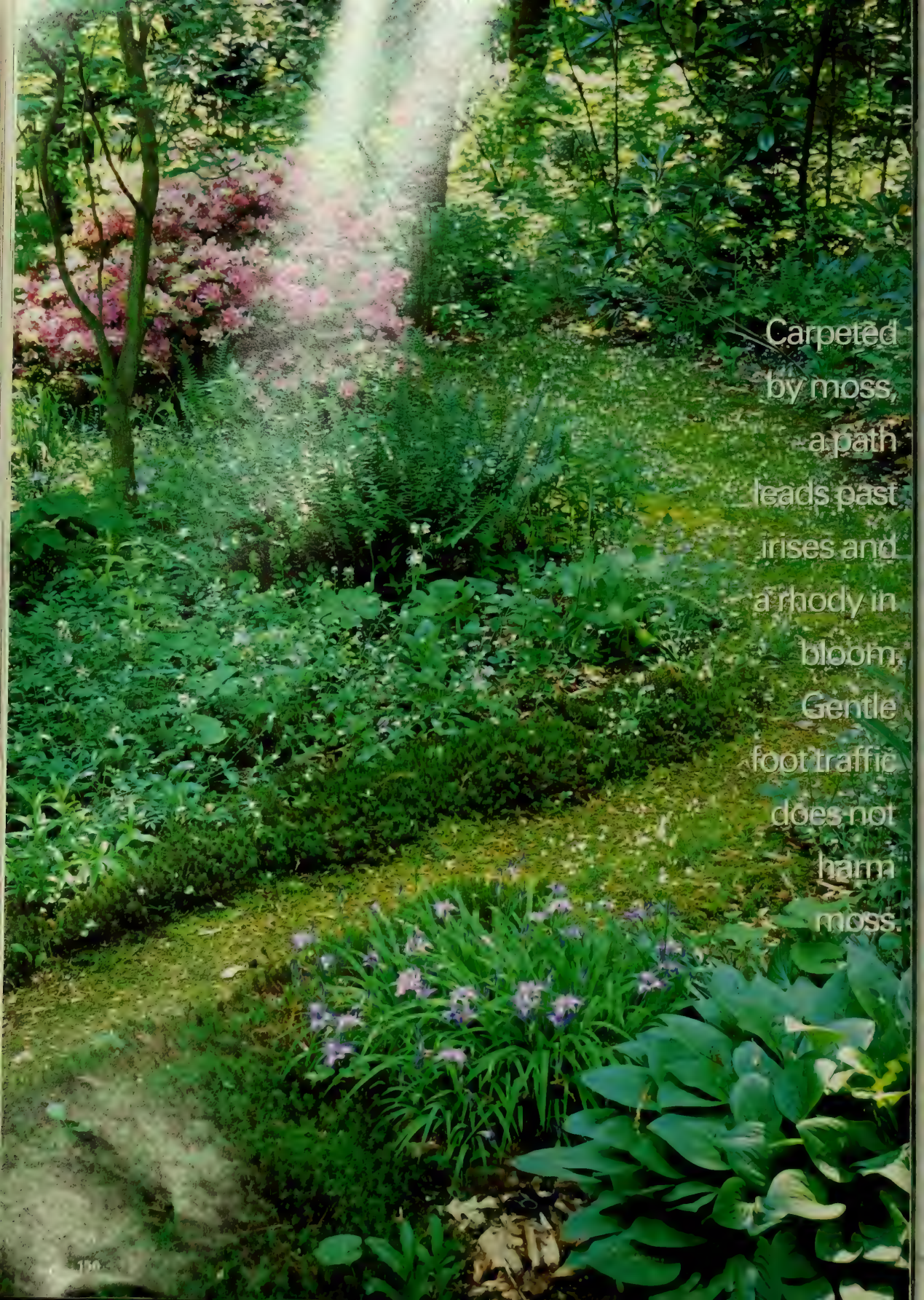
Never Have An Ordinary Day.™



# thriving in the shade

"If you have shade on your property, you are lucky." So says David Benner, a retired professor of horticulture who ought to know. His garden, in Pennsylvania, grows entirely under trees—lots of them. With very little fuss, he grows more than 150 species of wildflowers; dozens of flowering trees and shrubs, such as purple azaleas (*above*); and soft carpets of moss that cushion paths and glades. David saw opportunity. Now it's your turn.

by Mark Kane



Carpeted by moss, a path leads past irises and a rhody in bloom. Gentle foot traffic does not harm moss.



1



2



3



4

## 1. Dwarf Japanese iris

The delicate *Iris gracilipes* is rare.

## 2. Yellow trillium

Three mottled leaves and a flower top each stalk.

## 3. Primrose

Seeds sown by nature presented this surprise.

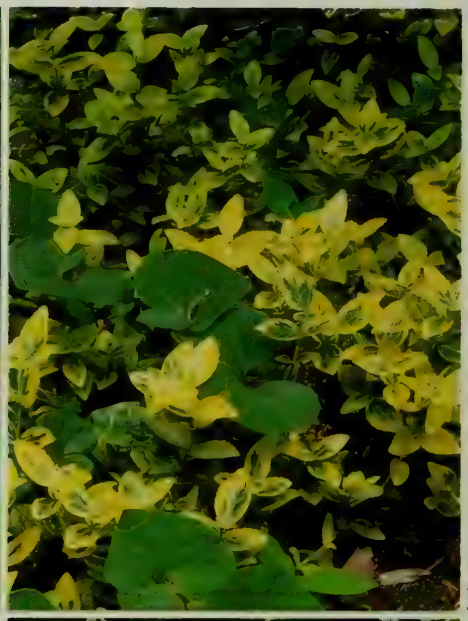
## 4. Hardy geranium

This spreading perennial blooms in loose spikes.

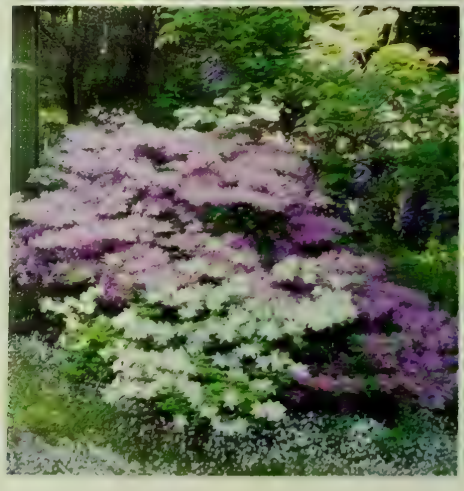
Spring is the showiest time of the year in a shade garden. The perennials that bloom early, such as those shown *above*, paint the garden with flowers, then subside modestly to green or go dormant while waiting for the next spring. Light shade is the key to flowering. "In too much shade, you can grow only moss and pachysandra," David says. "I tell people they have to limb up their trees." Removing the lowest branches allows sunlight to penetrate in the morning and evening. "And sometimes you have to take out a few trees," David says.



1



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### 1. Yellow ladyslipper orchid

This hardy native makes an eye-catching show.

### 2. Variegated euonymus

Euonymus, a ground cover, brightens shade.

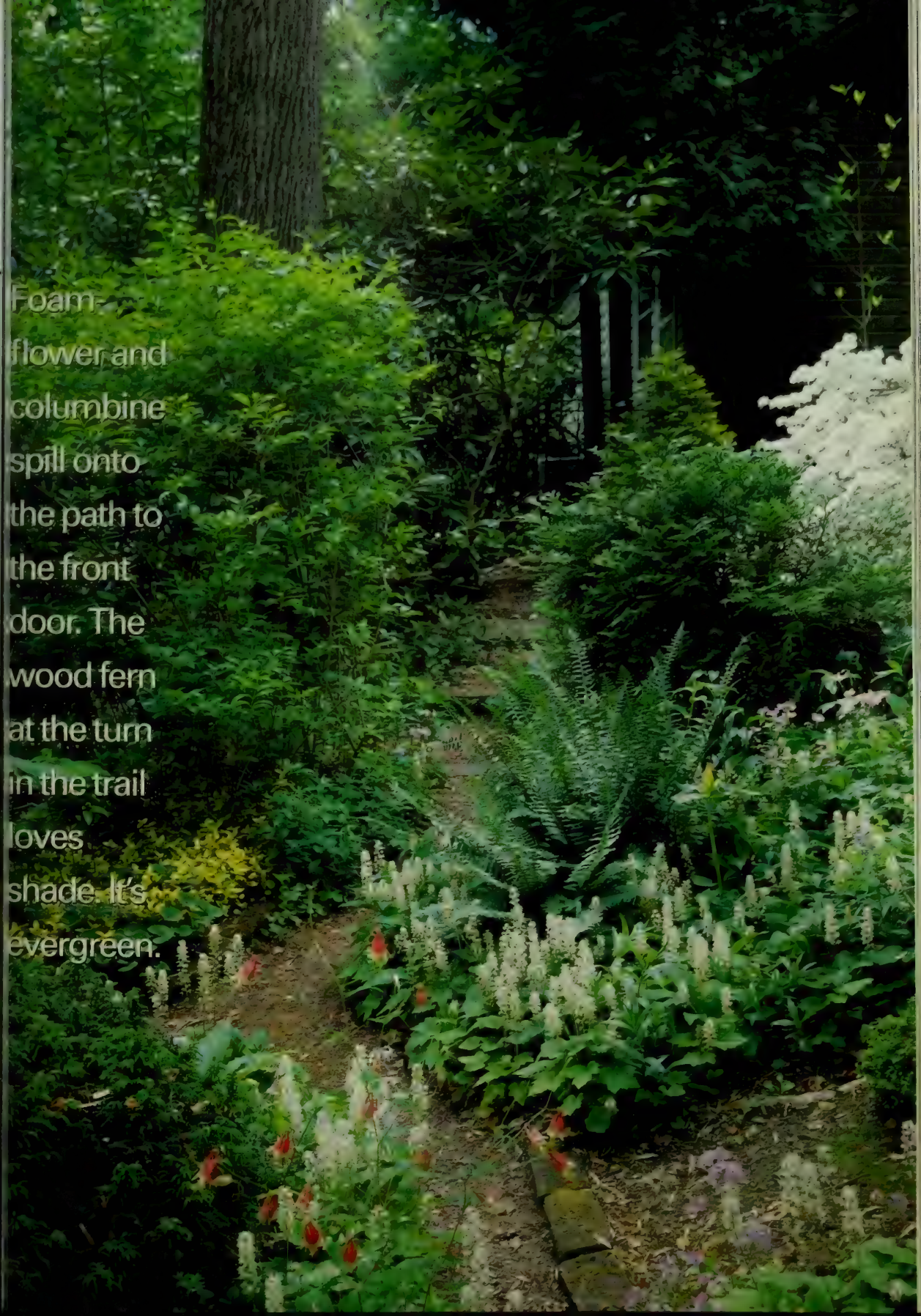
### 3. Azaleas

Early-blooming azaleas glow with color.

### 4. Foamflower

A spring bloomer, this ground cover spreads fast.

Over three decades of gardening in the shade, David has found many plants to recommend. "Start with the ones that are going to fill in," he says. For ground covers, look to pachysandra ("grows in full shade"), vinca ("easy to control"), and two natives, creeping phlox and foamflower ("really does well in shade"). For shrubs, his first choices are azaleas and rhododendrons. "The best is *Rhododendron maximum*, a native. It's the last to bloom. But try highbush blueberry too." For trees, try dogwood and shadbush, which blooms when the woods are bare.



Foam-
flower and
columbine
spill onto
the path to
the front
door. The
wood fern
at the turn
in the trail
loves
shade. It's
evergreen.





1



2

## Unsmothered by leaves

In a shade garden, the leaves that fall from the trees overhead settle together so thickly that they will smother most low-growing ground covers, especially evergreens such as vinca, pachysandra, and moss, which abound in David's garden. Moss is the most vulnerable of all, being so low. Also, it's difficult to rake. When the tines catch, which they always do, they pull up the moss in hunks. A leafblower is no better. At close range, it will tear pieces from the moss and send them flying.

After two decades of raking, David invented an easier method. He spreads plastic netting over vulnerable plants (Photo 1), before leaves start to fall from the trees. When the leaves stop falling, he picks up the netting (Photo 2) and hauls the leaves to his compost pile. "I cut the netting to fit the spot," he says. "For big areas, I roll up the netting and my son helps me carry it. For small pieces, I pick up the corners." David also drapes shrubs and covers ponds with netting. For his small ponds, he uses sticks to shape the netting like a pup tent so the leaves slide off. "Getting the leaves up in the fall used to be a nightmare," David says. "Now it's a dream."

Buying information, page 279

# *Inhale.*




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# make room for romance

In June, Ann Dietrich became Ann Pirhonen. But this single gal didn't simply acquire a new name. She also had to make room in her life—and her home—for husband Ilkka and his two children. A busy interior designer and entrepreneur, Ann is learning to balance career with homework, school lunches, and backyard croquet. She also is finding ways to mesh the feminine, delicate aspects of her own cottage style with a big man and rambunctious kids. See how the Pirhonens blend old with new, color with calm, and antiquity with durability in a 1,200-square-foot house, where it's easy to live and love.

by Kristine Kennedy




# Done properly

As life becomes more hectic, Ann needs her interiors to be less so. Tweaking conventional cottage style, she limits floral patterns and painted wood pieces to accents, relying on light butter walls, white upholstery, and plain linen curtains to provide a soothing backdrop. The kids dictate two other decorating priorities: high livability and low cost. Ilkka, a custom furniture maker, crafted the sofa and chairs to last; they opted for white denim slipcovers with matelassé cushion tops instead of upholstery because they stay clean with bleach. The couple pinches pennies with flea market finds, such as a patio table ($12) turned coffee table, and three formerly dark-brown laminate bookcases ($100) given a Swedish air with a wash of green paint.



The Pirhonens beefed up their run-of-the-mill fireplace with a honey-color, hand-carved surround (*left*). They can take it with them when they move.

Ann's marriage to Finnish-born Ilkka happily included Evelina, 8, and Otto, 6. "Suddenly my life got really full," Ann says.

ottage style can be romantic...



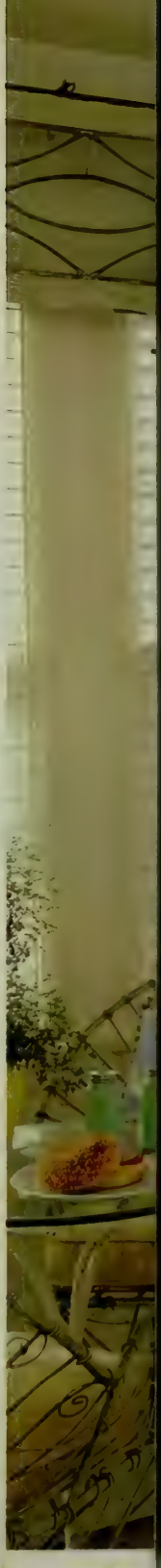
With Ann's family in Ohio and Ilkka's in Finland, it's important to the couple that their Los Angeles kids know their relatives—family photos decorate *and* educate. Purchased frames made from painted barn wood compose a colorful, casual backsplash in the kitchen. The dining room gallery is slightly dressier, with neutral-color barn wood among professionally framed photos. Ann's knack for mixing extends to the furniture. Sturdy dining room seating consists of a new painted bench and old schoolhouse chairs. In the kitchen, new iron chairs beside an old table give the kids a place to write stories while Dad cooks dinner. Like their furniture, Ann believes she and Ilkka are the ideal mix. She co-owns The Gate House, a decorating business in L.A. Nearby, Ilkka works in his furniture shop, Under Cover. "It's every designer's dream to be married to a furniture maker," she says jokingly.

Curvaceous urns and mercury glass candlestick holders (*above*) have shape in common.

When a set of vintage curtains has only one panel in good repair, Ann suggests using it as a portiere. Hers hides the kitchen from dinner guests (*right*).

Using an old leaded glass window hung from hooks (*far right*), instead of a fabric window treatment, adds architectural interest to the kitchen.





—not froufrou, but lush




nviting, and casually elegant.



Ann's method is to use large-

Before meeting Ann, Ilkka's style leaned toward bachelor minimalist, and his influence is seen in the home's mostly tailored seating. "He'll reel me in if he thinks it's getting too feminine," Ann says. Meanwhile, she has exposed him to sentimental detailing, such as distressed paint finishes and timeworn fabrics. "She has refined my tastes a lot," says Ilkka. "She makes the place feel like a home." Ann's design hand shows in the master bedroom, where the headboard and a chest are painted to look antique. Bedding is primarily white with just a few floral touches, repeated in the recycled barkcloth curtains. The wicker table, a gift from business partner Ann Porter, personalizes the space and adds a touch more texture.



The master bedroom's fun floor lamp (*left*) is a chandelier hung from a birdcage stand. The table lamps in the room have shades handcrafted from paper.

With four people fighting for one bathroom, Ann gets ready at her dresser (*above*). Pretty and functional, a box covered in old wallpaper holds makeup.

scale items and few patterns.

To e overall look, Ar








Says Ann: "One of the mo





Ilkka personalized this iron chair (a $10 flea market find) with a floral seat cushion and linen skirt. 2. A painted, metal po ro bin holds hydrangeas, and sometimes magazines. 3. Old suitcases store family photos. 4. This funky tray is a picture frame with drawer pulls and knobs screwed in as handles and feet. 5. A Victorian tea cart made of iron makes a movable stand for the TV and VCR

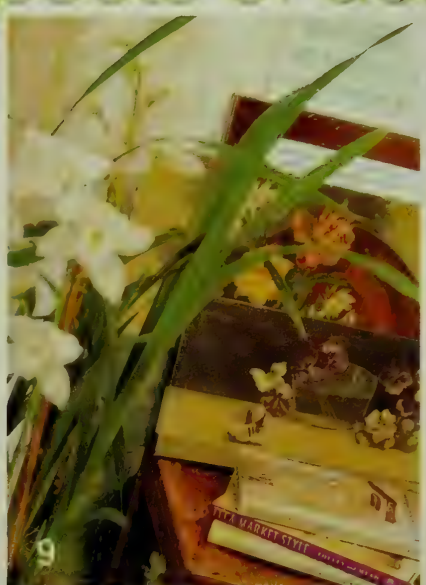
# nits frilliness to the details.






# nportant aspects of design. . .









6 An old bread box and yellow Bauer pot repeat the picture frame colors. 7 On Ann's dresser, tins that once held chocolate and a powder puff now hide toiletries. 8 Cot-sized kids' beds leave extra space in the shared bedroom. 9 When not needed for company, this extra dining chair holds stacked art in the living room. 10 The fireplace screen is made from three salvage iron pieces wired together.



A new picnic table is made more inviting with an aged paint finish and 1950s cloth. The lemons are from their tree.

"It wasn't overdone," says Ann about finding the 1940's bungalow. The simple styling works well with their busy lives.



...is to know when to stop."



The kids utilize the spacious backyard for hula hooping, croquet, and archery.

The Pirhonens are nature lovers, whether it's hiking the Santa Monica mountains, fishing in Malibu Canyon, or digging in the garden. The house came with mature trees and a well-planted yard, which Ann augmented with a few classics: foxglove, heirloom roses, and hydrangea. She credits her grandparents for teaching her to love cottage gardens, and growing classic blooms transports her to the familial warmth of small-town Ohio. Most summer days after work, Ann and the kids play while Ilkka grills, then they all eat outside. Despite two careers and two kids, the Pirhonens have made a space where it's easy to be together. Says Ann: "We've created our own little haven."

Buying information, page 279




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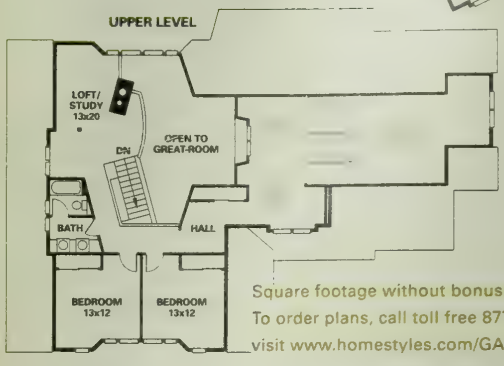


# home for healthy living

by William L. Nolan and Joseph Boehm

Swing open the door to an inventive new home, one that not only offers shelter and creature comforts but that also treads lightly on the environment and helps your family feel well.



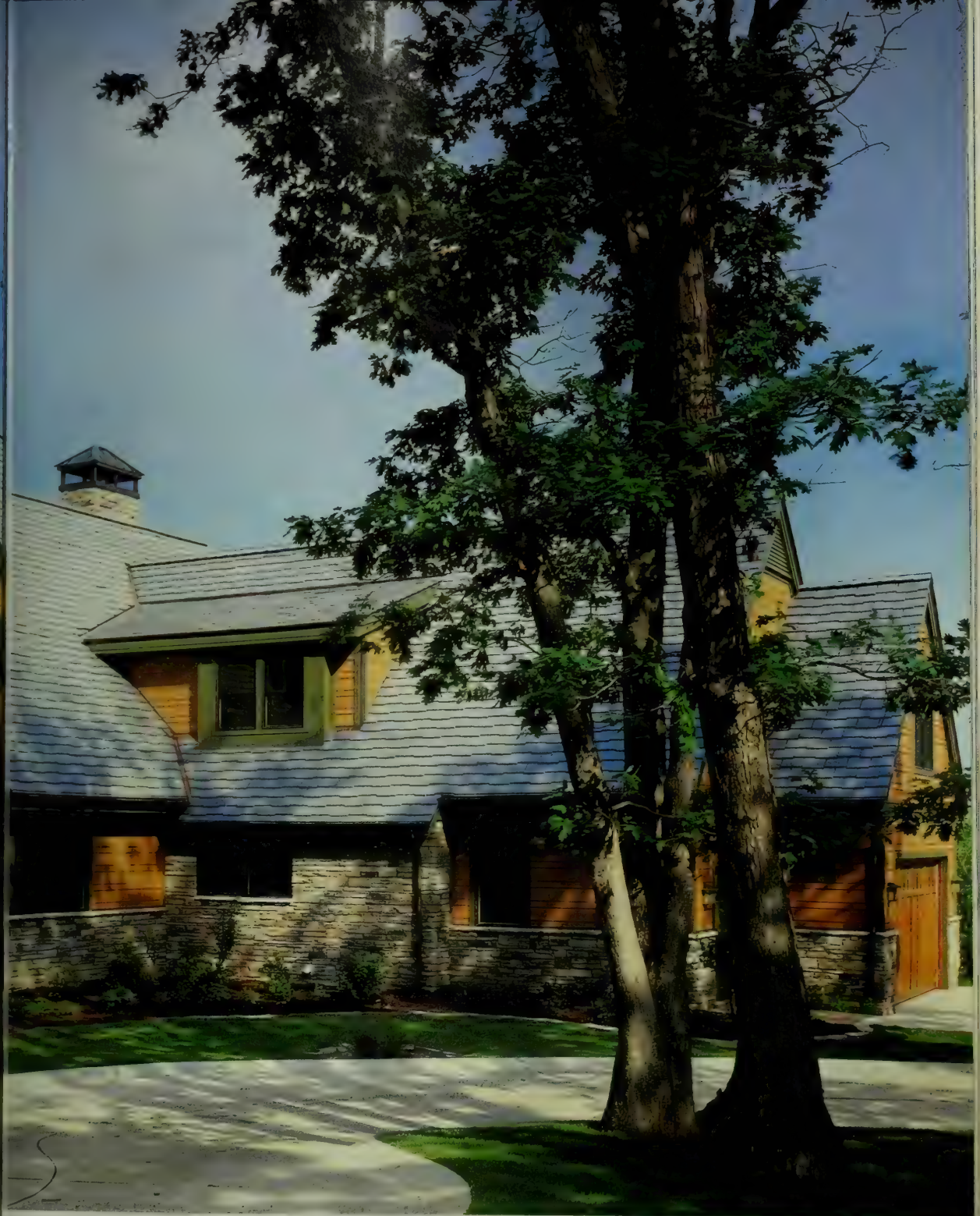

Square footage without bonus space: 2,890. To order plans, call toll free 877/370-1362 or visit www.homestyles.com/GA-2001-BHG.



PHOTOGRAPH: MICHAEL JENSEN

One glance tells you that this is a house you will love. But clean lines and charming details are only part of the story. Special features and products built into this home work in concert to help you stay healthy in body as well as in spirit. Indoors and out, upstairs and down, virtually all of the elements you see—and many you can't—play an important role in nurturing family health and good living. Some involve design savvy, such as a flexible floor plan that grows and adapts to meet your family's changing needs. Others are breakthroughs in product technology, such as shingles and stone claddings made from recycled materials. These rival the beauty, texture, and weather resistance of commonplace construction elements without requiring new material to be mined from a quarry.

# Special features and produc



elp you stay healthy.





Big windows up high (*top*) pump warm sunshine into the great-room.

Copper banding and boldly shaped brackets on the mantel (*center*) complement subtle hues and textures in the fireplace's slate cladding.



The front stairway's newel post (*left*) is also an elegantly simple lantern that extends a warm welcome to visitors.

How do so many good things come together under one roof—and work in unison to produce a healthy home? For the answer, we turned to Wisconsin architect Ken Dahlin

# The great-room soothe

and Iowa Master Builder Ralph Haskins. The pair's solution is a Craftsman-style bungalow that merges early 1900s warmth and simplicity with 21st-century construction know-how. Like yesteryear's bungalows, this version concentrates most of the living space on one floor, with some of the bedrooms tucked under the eaves—a scheme that gives even a commodious house like this one a low-slung, cottagey feel.

Just inside the front door, you take in the dramatic expanse of the great-room. Like a rustic retreat in the mountains, this space soothes the spirit with a tonic of space, light, warmth, and repose. Banks of south-facing windows—featuring energy-saving low-E glass—scoop in treetop views of the home's hillside site, luring in long shafts of sunlight. At once cozy and spacious, the great-room soars 20 feet to a barrel-vault ceiling. Subtle curves in the mantel cornice and the loft stair rail echo oak bands that arch overhead.

As the space calms your senses, other elements work in more subtle ways to boost your sense of well-being. The solid oak flooring, left bare except for area rugs, eliminates hiding places for dust mites, pet dander, and other allergens. Combustion in the gas fireplace takes place in a sealed firebox, preventing carbon monoxide exhaust from polluting the home's indoor air.


e spirit with a tonic of repose.







Columns define the island and frame expansive views of the great-room from the kitchen.

Stainless steel appliances in the kitchen (*center*) include a microwave/convection oven and a gas cooktop.

Like those in the cleanup center (*bottom*), all the counters are nonallergenic solid-surfacing. So is the farmhouse sink.

A healthy house doesn't stand on ceremony. No rooms are roped off for mannered formality; every space does its part to foster a relaxed, casual lifestyle, and there are no artificial barriers to stifle easy interaction.

The heart of the house is actually five spaces in one: a hearthside sitting area, a family dining alcove, a hobby/learning center, a galley kitchen, and a loft study. The only "partitions" are an island work center/snack bar and a built-in computer desk. Even when family members break away to pursue separate activities, such as surfing the Net or cracking the books for a homework assignment, they can feel comfortably connected.

Simple, down-to-earth detailing and low-maintenance materials—some natural, some manmade—visually unify the five areas. Ribbons of quarter-sawn oak form continuous trim bands that encircle the room and arch across the ceiling. Slate tiles encase the fireplace and pave the gently curved hearth. To minimize out-gassing of chemicals from paints, stains, and varnishes—a hazard common to conventionally built homes—the walls and ceilings were covered with paints that contain reduced amounts of volatile organic compounds (VOCs), and the flooring

All flooring and wood

was treated with a low-VOC water-base stain. All of the flooring, trim, and cabinets were stained, varnished, and kiln-dried off site, further reducing chemical contaminants that can linger in the air for months or even years.


ork were kiln-dried off site.

# y at-home getawa







Between twin vanities in the master bath (*top*) a glass-paneled door leads to the rear porch and outdoor spa.

The shower (*left*) features a tiled bench for sit-down bathing. Art-glass panels let extra light spill in from the vanity area.

Storage organizers boost holding power in the master closet (*left*). Their smooth laminate surfaces turn dusting chores into a few quick swipes.

At every lifestage, privacy and personal space play a key role in ensuring a well-rounded family environment, and the Home for Healthy Living answers this need in a variety of ways. As the family grows, the blueprint "stretches." Expansion areas on two levels offer room for each family member to have his or her own space. Bonus square footage above the garage can become extra bedrooms, a teen retreat, or an apartment for live-in grandparents. The walkout basement could house sunny quarters for a game room or playroom and an extra bedroom and bath, with space to spare for a home theater or office.

For Mom and Dad there's a cozy master suite on the main floor, just a few steps from the front entry and the great-room. Although the bedroom measures a modest 12×16 square feet, this thoughtfully designed suite offers a full complement of creature comforts, including a large walk-in shower, separate vanities, and a user-friendly walk-in closet.

Sure, the master suite provides space for relaxing, soaking up some solitude, and working out the kinks at the end of a busy day. But the space also fosters healthy living in less obvious ways. For example, the walls it shares with the rest of the house were specially built to provide extra acoustical insulation. The bathroom vanities feature separate taps for purified drinking water. And like those in the rest of the house, the floors are left mostly bare for clean-sweep control of allergy-breeding dust mites and other microscopic health hazards.


xes Mom and Dad.

One end of the rear porch (*left*) curves around a built-in spa. Earth-friendly claddings include stone veneers made from recycled quarry waste, and shingles made of resins and ground slate. The siding blends wood fibers and Portland cement.

A glass-paneled door (*below*) opens directly into the great-room from the porch. Detailing in the porch railings repeats motifs in the home's art-glass window and door panels.

Just beyond the porch is a built-in spa—handy for soothing sore muscles or sharing romantic evenings under the stars. ⌂

For more details about these and other health-savvy features, turn to "A Closer Look," page 180.

Buying information, page 279





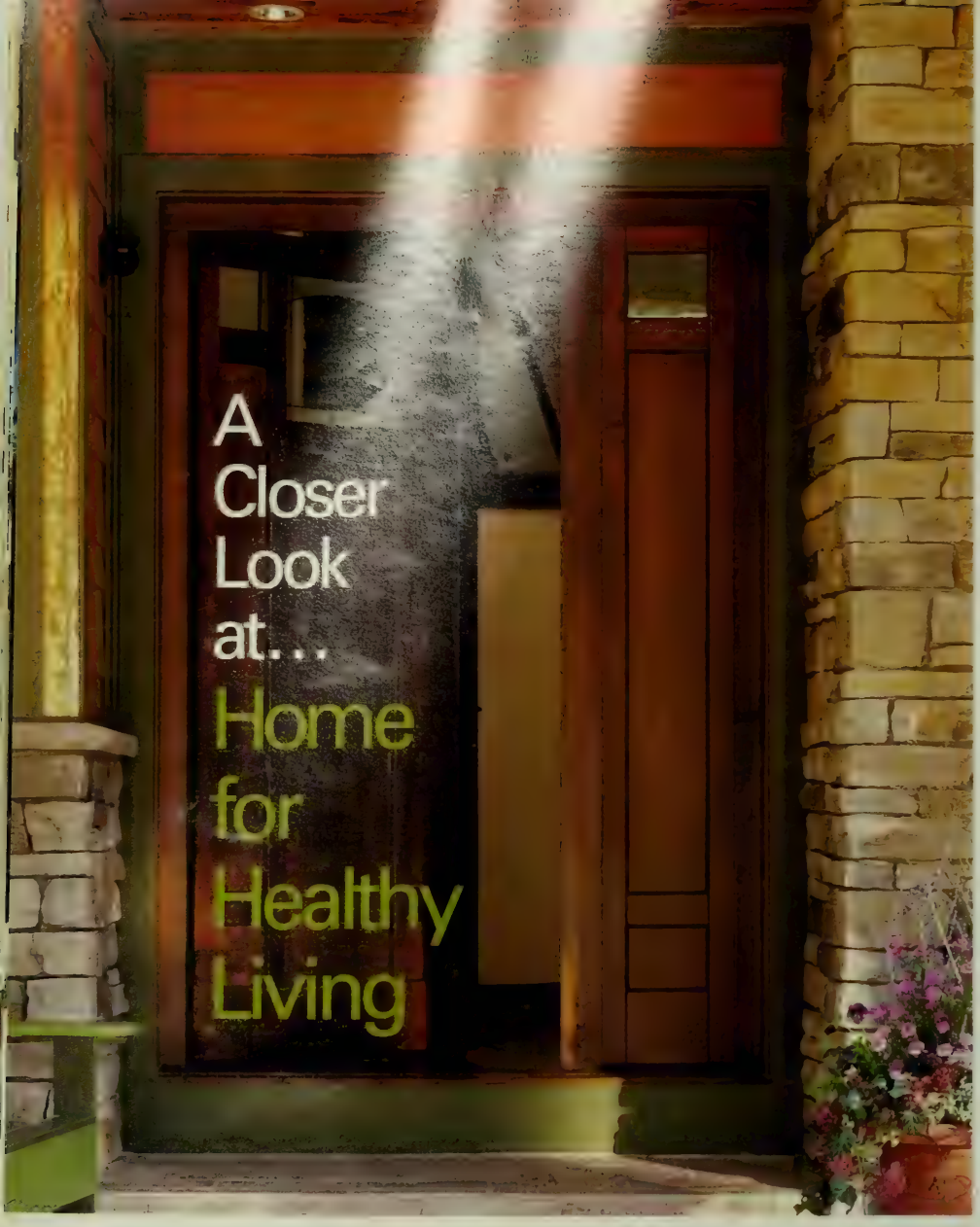
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LONG LASTING FLAVOR!
Extra
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JUST GUM?
NO WAY!



# A Closer Look at... Home for Healthy Living

by
William L. Nolan
and
Joseph Boehm

Even a brief walk-through of the Home for Healthy Living (our first tour begins on *page 169*) makes it clear that this house addresses a broad agenda of issues regarding healthy living. One issue is indoor air quality. Another is water quality. A third is energy efficiency. Others include personal safety and security, plus functional aspects, such as flexibility and adaptability. Public interest in all these areas has spawned whole new categories of building products, many of which tap technical know-how that didn't exist a few years ago. Before planning your own healthy house, take a closer look at how our Home for Healthy Living puts these tools to work in achieving a healthier at-home environment for today's families.

continued on page 182

SWORDFISH PICCATA & CHARDONNAY



GREAT FOOD AND WINE BELONG TOGETHER.
THE FUN PART IS TASTING WHY.

Olive Garden
ITALIAN RESTAURANT

*When you're here, you're Family.*

continued from page 180
















## Healthy for the Family

### 1. Flex room

An extra room near the front door can serve a number of purposes, depending on a family's needs and interests. In this case, the space is used as a music room, but it could easily be changed into a home office, hobby room, or spare bedroom.

### 2. Arts & Crafts wall stencils

Anglo-Japanese decorations on a set of early-1900s china plates were adapted as stencils for the decorative wall treatment in the music room.

### 3. Prefinished trim

Where practical, finishes were applied off site. To avoid build-up of chemical fumes while applying finish to the interior trim, all the trim was stained, varnished, and dried at a millwork shop before being shipped to the construction site.

### 4. Select white oak flooring

When combined with regular, thorough housecleaning, bare floors make it extra tough for dust and allergens to become permanent house guests. Flooring and baseboards in most of the rooms are ¾-inch-thick, 2½-inch-wide select white oak.

### 5. Site-finished flooring

Finishes that are applied to wood can take several weeks to dry and cure thoroughly. Here, some of the floorboards, which were treated with a water-based finish, are given plenty of time to dry on racks in the basement.

continued on page 184

Fudge Shoppe.

TAKE TIME TO INDULGE
IN SOME FUDGE THERAPY.



# Home for Healthy Livi

continued from page 182


6


7


8


9


10


11

## 6. No-formaldehyde cabinets

Conventional panel products, such as particleboard, contain glues made with formaldehyde, a compound that may irritate sensitive lungs. Cabinets in this home were cut from a new type of panel made of recycled wheat straw fibers and resin-based glues.

## 7. Off-site staining and varnishing

Like the trim, the cabinet fronts were coated with low-VOC stain, then finished and dried for two days before being shipped to the construction site.

## 8. Quick touch-up cabinet installation

To achieve the blemish-free look of site-finished cabinetry, nail holes, seams, and other small voids created during installation were eliminated with a no-fumes filler compound that matches the cabinet finish. Filler sticks resemble crayons when new.

## 9. Day lighting

Physicians generally agree that daily doses of sunlight play a key role in promoting good health and upbeat spirits. Main rooms in the Home for Healthy Living include large window areas, ensuring abundant natural light throughout the day.

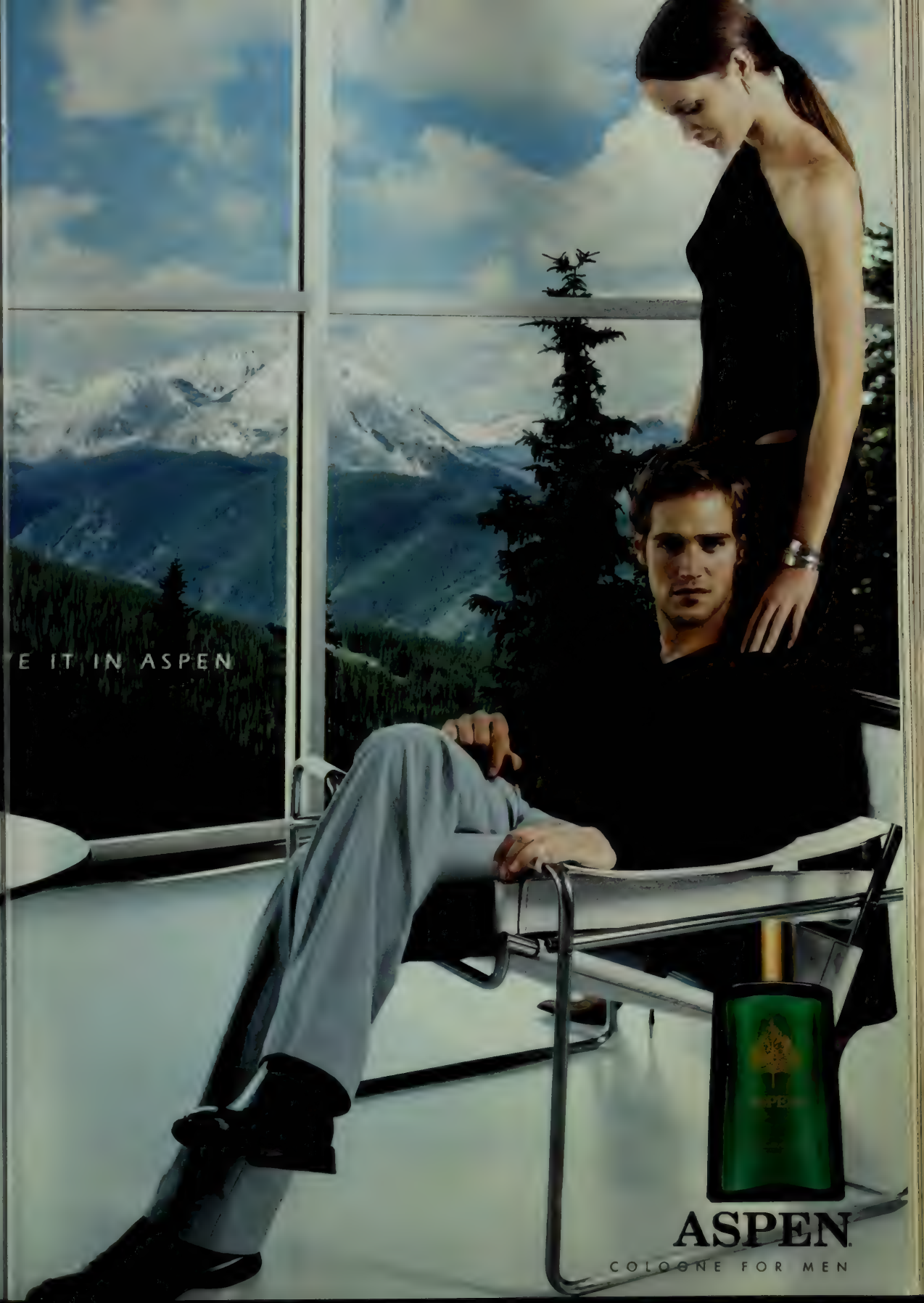
## 10. Pathway lighting

Safety is an important factor in healthy living. One of the safety features incorporated here is low-voltage lighting along the pathways leading to the home's entry areas.

## 11. Rheostat-controlled lighting

The Craftsman-style lantern in the foyer isn't just a style statement. Its bulbs are wired to a dimmer switch so they can be used as a night light—a handy safety device for late-hour treks between the garage or kitchen and the bedrooms.

continued on page 186


E IT IN ASPEN
ASPEN
COLOGNE FOR MEN

continued from page 184












## 12. Clean-air water heating

There's no danger of carbon monoxide build-up from the whole-house hot water system or even from the pilot light. The water heater's combustion system is sealed, and vents directly to the outdoors. The water heater saves energy because it boasts a 94 percent energy efficiency rating, versus 61 percent for many standard water heaters.

## 13. Drinking-water tap

A whole-house water treatment system delivers purified water to taps at each bathroom sink, the main kitchen sink, and to ice makers.

## 14. Whole-house water treatment

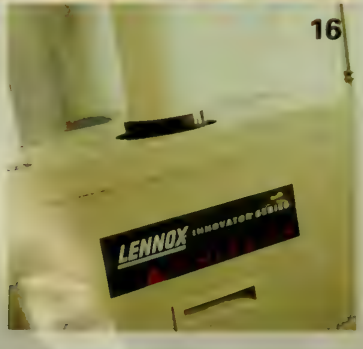
Part of the home's water supply is routed through either a reverse-osmosis filtration or softening system. Reverse osmosis removes lead, cysts, and nitrates before arriving at the sinks and ice makers.

## 15. Acoustic wall system

Framing for the walls that separate the master suite from the great room includes staggered studs and resilient metal channels, which absorb vibrations and eliminate pathways for sound to travel from one area to the other. Light sleepers love it.

## 16. High-efficiency comfort system

In addition to a sealed-combustion, 94 percent-efficient gas furnace and an environment-friendly, energy-efficient central air conditioner, the home's high-tech mechanical system includes an air-to-air heat exchanger, which captures heat from outgoing air and adds it to incoming air. The heat exchanger uses an electronic air cleaner and ultraviolet light to reduce indoor pollutants and purify indoor air.




continued on page 188


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Homes & Gardens
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by Behr paint,
sively at
me Depot.
PREMIUM PLUS
PURE WHITE
THE HOME DEPOT

continued from page 186













## Healthy for the Environment

### 17. Engineered framing system

Unlike conventional lumber, which may come from older trees, the beams and trusses in the home's framing system were made from small trees grown in second-growth, sustainable forests. Engineered lumber also produces less waste at the construction site—only one percent, compared with 11 percent for conventional lumber.

### 18. High-tech slate shingles

You get the heft, hues, and texture of natural slate, but these shingles conserve natural deposits because they are made with pulverized slate rubble and polymer resin binders.

### 19. Right-thinking wraps

Plastic sheeting cloaks the house with two types of protective envelopes. One is a vapor barrier, which prevents condensation inside the walls and the foundation (condensation causes mold growth, which in turn triggers certain types of respiratory ailments). The other is an air-infiltration barrier, which reduces leakage of indoor energy by as much as 40 percent. To further boost efficiency, extra fiberglass insulation was used throughout the house.

### 20. Earth-friendly siding and stone

Like the roofing, the home's lap and shingle siding and its stone veneers offer all the appeal of nature's own materials without wasting valuable natural resources. The siding is a blend of wood fibers and Portland cement. The stone is a blend of pulverized quarry rubble and powdered pigments.

continued on page 190




can do something about it. Make an appoint-
it with a dermatologist. Because, today, there
prescription medications that are effective more
80% of the time. In fact, your teenager could
r his acne in just three to five months. For a free
hure on acne and a list of dermatologists in
area, please call **1-800-869-1066.**

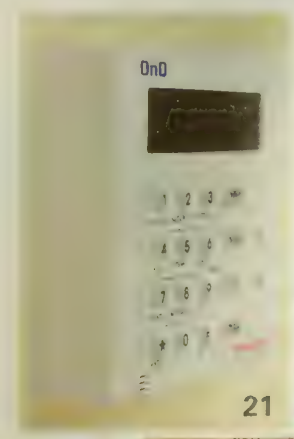
our Web site
cefacts.com

Roche Pharmaceuticals

**Having acne is tough. Getting rid of it shouldn't be.**

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continued from page 188



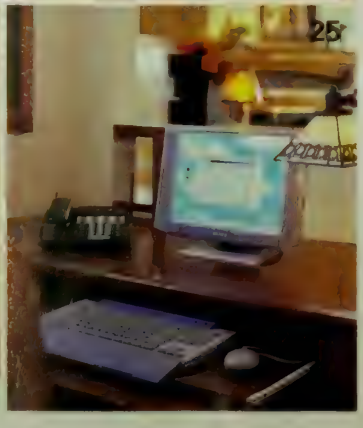













## Easy-Living Systems

### 21. Multifunction home management

State-of-the-art wiring snakes through the walls to every room in the house, delivering a varied palette of electronic services and control features. Lights can be programmed for "scenes" to suit different occasions. In addition, audio/video entertainment, closed-circuit TV, indoor climate control, and clustered home-office access (fax, Internet, broadband data services, and telephone) can be orchestrated from any of the home's computers, from a touch pad near the service entry, or via a telephone from anywhere in the world.

### 22. Touch-panel programming

Mom wants to tune in her favorite soloist on FM in the master bedroom. Junior wants to play CDs in the great-room. No problem. A touch-panel remote lets you program several activities at once—or simply adjust the volume or change channels.

### 23. Whole-house audio/video

Furniturelike cabinetry in the great-room houses media gear that delivers audio and video programming to any room in the house. No need for additional tuners, CD players, or DVD players. And it all disappears behind handsome art-glass doors when not in use.

### 24. Towel and toiletry storage

Cabinetry in the master bath provides a generous storage place—right where it's needed. A special niche houses a radio/CD player.

### 25. Home-base learning/controlling

Log on at the built-in desk in the hobby/learning center to surf the Net or send and receive e-mails. Or tap into the home's electronic management software to upgrade the security system, adjust settings for the heating/cooling system, or reprogram a lighting scene.

continued on page 192

Now the only thing

# you cut

# is time spent

## making dinner.



NEW!




Just heat & eat.

**Ready for a great meal?**

continued from page 190















## 26. Toasty for the toes

A touch pad mounted in the master bathroom activates heating coils that warm the tile floor in the master bathroom.

## 27. Lever-handle latches

Craftsman-style lever latches make it easy to open all the interior and entry doors—even if both arms are loaded with parcels.

## 28. Two-temperature water dispenser

In addition to a regular tap at the main kitchen sink, a lever-handle water dispenser delivers "instant hot" and tap-temperature water. The instant-hot option makes it easy to brew hot beverages, boil pasta, or mix up a bowl of hot cereal. The second tap comes in handy when several cooks are working at once. And the lever offers an important safety feature: The water shuts off instantly when the lever is released.

## 29. Septic-friendly disposer

The kitchen sink is fitted with a waste disposer that's designed to be compatible with septic systems. Fashioned from solid-surface material, the apron-style sink evokes the Craftsman era.

## 30. Whisk-away dust ports

Keeping the home's hardwood and tile floors swept clean is a breeze. No need for a dustpan; nine central-vac baseboard ports positioned throughout the house suck up the dirt as you sweep. No need to empty bags in the system's central collection canister, either. Just replace the canister twice a year.

continued on page 194



Why can't someone just make a cold sore go away sooner?



Someone can.

## TODAY THERE'S ABREVA™.

IT DOES MORE THAN JUST SOOTHE. IT'S THE FIRST AND ONLY NON-PRESCRIPTION COLD SORE MEDICINE THAT'S APPROVED TO SHORTEN HEALING TIME.

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START TO HEAL IT AS SOON AS YOU FEEL IT.™

continued from page 192













## Warm-Hearted Design

### 31. Artful door joinery

Interior and entry doors were custom-milled from solid white oak, then fitted with art-glass panels that echo design motifs used elsewhere in the house.

### 32. Forged bronze pulls

Pleasingly hefty pulls on the cabinetry have a "blackened" finish that adds a mellow, aged look. Their pyramidal shape is a motif favored by designers of early Craftsman bungalows.

### 33. Acorn-motif tile border

Nature was an important source of inspiration for Arts & Crafts designers in the early 20th century. Accent tiles with raised-relief acorn shapes form decorative bands in the backsplash above the cooktop in the kitchen.

### 34. Indirect lighting

Bracketed cornices in the loft study conceal low-voltage strip lighting that casts a warm glow across the room's barrel-vault ceiling. Like other built-in lighting in the house, these lights can be tempered to suit a given mood.

continued on page 196

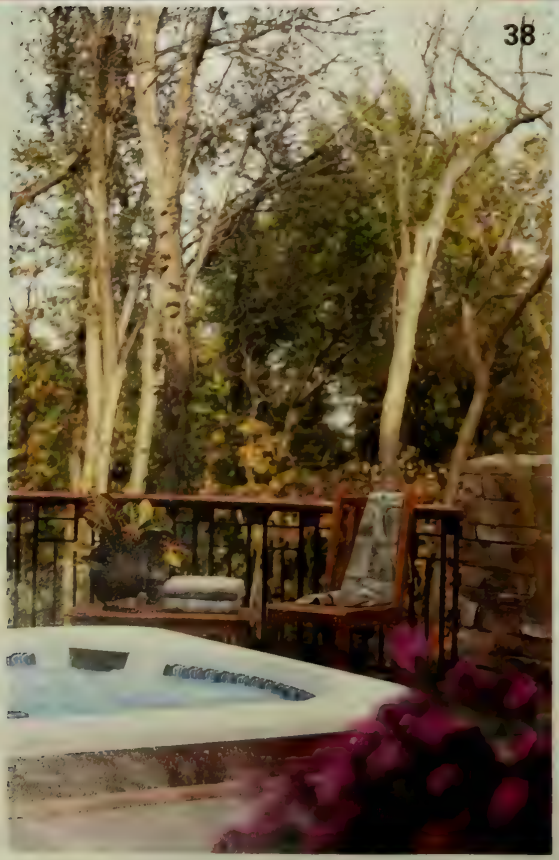

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take $15 off when you purchase $75.*
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go to JCPenney.com/save4
JCPenney.com
Log on and indulge your sense of style with the latest in home furnishings for the bedroom, bath, kitchen and windows. To receive your $15 savings, log on to JCPenney.com/save4 and spend $75 or more.
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Offer good through December 31, 2001. See offer details and exclusions at JCPenney.com/save4.

continued from page 194









## 35. Hobby/learning center

Additional counter areas near the kitchen and the computer desk provide ample space to work on hobbies or homework. For holiday gatherings, the extra work surfaces come in handy for food prep.

## 36. Laundry nook

A washer/dryer stack, across the back hall from the hobby area, conserves floor space. The adjacent cabinet is fitted with pull-out wire hampers that keep white clothes separated from colors. Coated with plastic, the hamper surfaces will not collect dust, like standard shelves and drawers do.

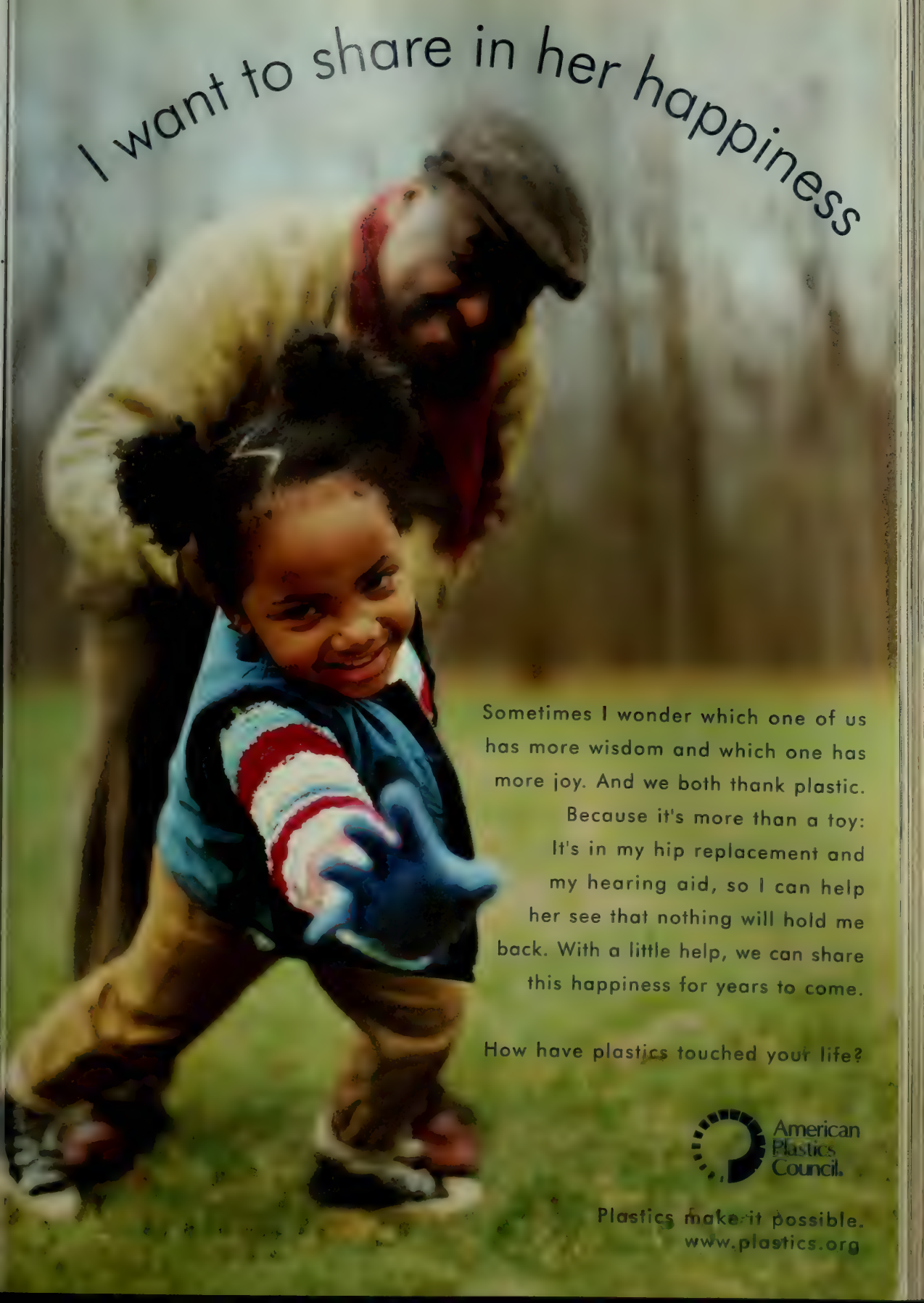
## 37. Eating out—on the terrace

Perched midway between the rear porch and the lower terrace, the built-in gas grill provides a convenient cooking alternative for just-family meals or large-group entertaining. The grill terrace is roomy enough for a full-size dining table and several chairs.

## 38. Built-in water massage

Soaking away the stress of a busy schedule is a cinch: Just sink into the home's outdoor spa. Built-in lighting and controls provide a "custom" spa experience, and the tub's thermoplastic one-piece shell is impervious to chemicals, body oils, and bacteria. An ozone/silver ion purification system keeps water clean and requires minimal maintenance.

Buying information, page 279


I want to share in her happiness
Sometimes I wonder which one of us has more wisdom and which one has more joy. And we both thank plastic. Because it's more than a toy: It's in my hip replacement and my hearing aid, so I can help her see that nothing will hold me back. With a little help, we can share this happiness for years to come.
How have plastics touched your life?
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# BRIN[illegible]OLIDAY FEAST
# A[illegible]TH FLAVOR.

# COO[illegible]SWANSON® BROTH
# [illegible]AD OF WATER.

Swanson® Chicken Broth is made from chicken with just the right amount of vegetables and seasonings for rich, distinctive flavor. Use it to bring your holiday favorites alive with flavor.

*Baste with Swanson® Broth for moister, tastier turkey.*

*Use Swanson® Broth instead of drippings for great gravy.*

*Cook and mash with Swanson® Broth for mouthwatering potatoes.*

*Simmer with Swanson® Broth for more flavorful vegetables.*

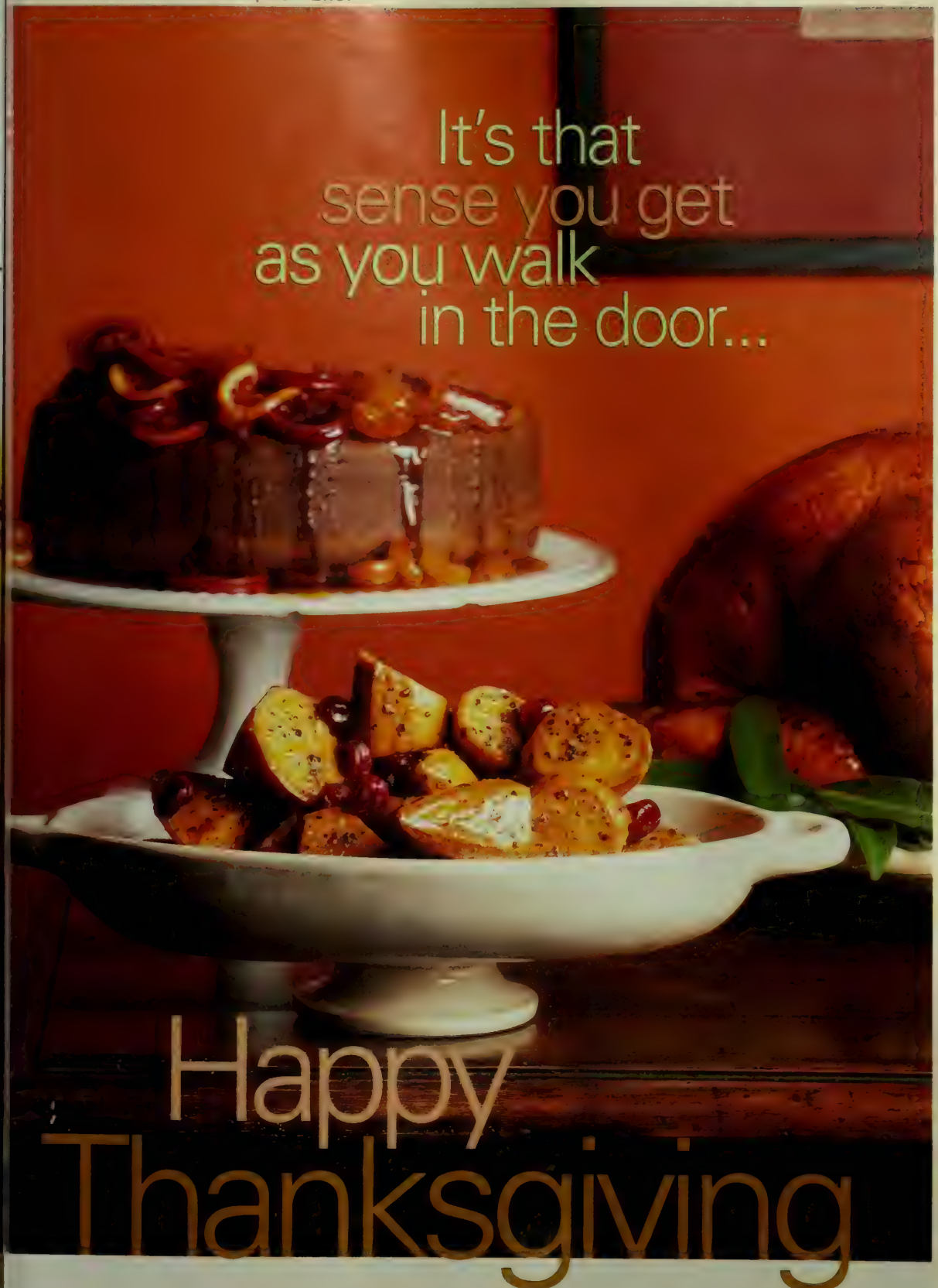
*Toss with Swanson® Broth for moist, fluffy stuffing.*




For more flavorful meal ideas, see www.swansonbroth.com

Swanson® Broth. Flavor's in. Water's out.™

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It's that
sense you get
as you walk
in the door...
Happy
Thanksgiving




Choose your sides. **Orange-Fennel Autumn Salad** (*above*) casually layers just four ingredients; the Citrusy Yogurt Dressing intensifies their flavors. **Parsnip Potato Mash** (*right top*) hides a secret: Buttermilk adds a delightful tang. A scattering of Gruyère cheese enlivens **Cauliflower Cheese Bake** (*right bottom*).

Recipes begin on page 218


the holiday table...


...new traditions start here,




Humble, genuine—the Thanksgiving spirit resonates through the first feast of the season. Team the turkey with a generous helping of dressing: **Cranberry-Apple, Sage and Sweet Pepper Couscous**, or **Swiss Chard and Corn Bread** (*left top, left to right*). Creamy **Cumin Butternut Squash Soup** (*left bottom*) is a warming start. Boursin-filled **Green Onion Parker House Biscuits** (*above*) prove big bursts of taste can come in small packages.

Recipes begin on page 222




The hallmarks of the holiday meal reemerge with a fresh take on custom. Aromatic tarragon flavors red and sweet potatoes in **Holiday Scalloped Potatoes** (*above*). Inside the **Spinach Cheese Puff** (*top middle*), you'll find dried tomatoes and prosciutto. If candied yams were a Thanksgiving staple at your house, we're betting **Maple-Glazed Sweet Potatoes** (*top right*) will start making a yearly appearance. Easy **Cranberry Sorbet** (*bottom middle*) deftly accommodates fans of the season's favorite red berry. **Cornmeal Skillet Rolls** (*bottom right*) slathered with **Lemon-Pepper** or **Kumquat Butter** provide the necessary tools for soaking up turkey gravy.

Recipes begin on page 225





we gladly call home...








Fresh and candied ginger spice this **Very Ginger Pound Cake**; a simple syrup with kumquats and blood oranges tops it off. Just try to resist.

Recipe begins on page 218

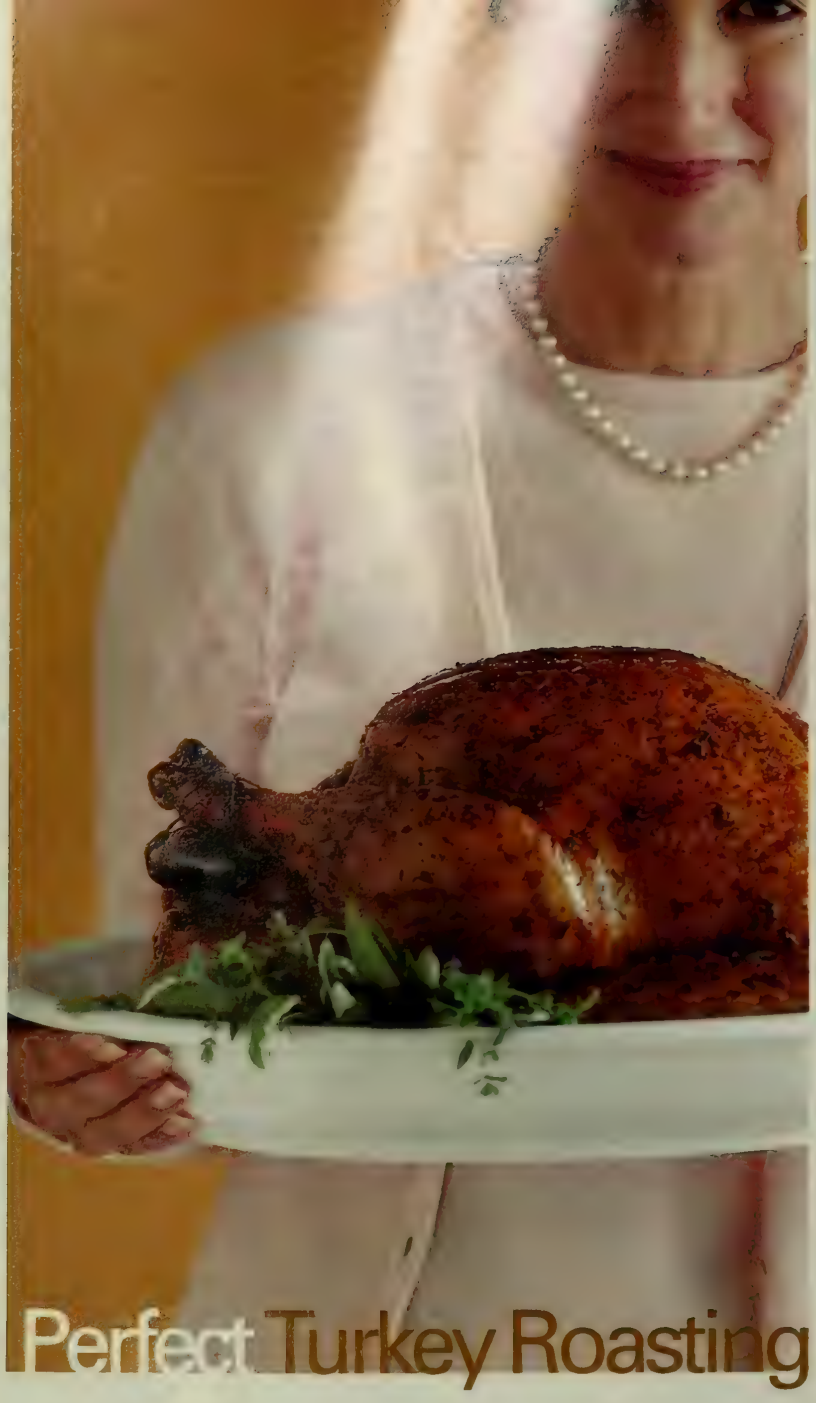



Can you imagine pumpkin pie without the crust? We did, and **Spiced Pumpkin Cream** was the delicious result.

Recipe begins on page 230




ɔrida's Natural® Premium Brand orange juice is made just from our fresh oranges, not from ncentrate. And it's the only leading brand owned by a small co-op of growers, so only our rsonal best goes into every carton. When you're in Florida stop by our Grove House, or visit us www.floridasnatural.com. **We own the land, we own the trees and we own the company.®**



# Perfect Turkey Roasting

It won't be dry. It won't be pale.

And it will be done on time. Promise.

Follow these four steps for a bird you'll

be proud to serve.

by Richard Swearinger

## 1. Buy

To make sure you have enough turkey buy 1 to 1½ pounds of bird per person It seems like a lot, but you lose abou half of that in the cooking and carving.

For a fresh turkey, check the "sell-by date." The unopened turkey will be safe to use for 1 or 2 days after the date on the wrapper (Thanksgiving is Nov. 22). Buying frozen? Look for packaging that is clean, undamaged, and free of frost.

## 2. Thaw

It takes forever, so plan accordingly. For a whole frozen turkey, leave the bird in its wrapping and place in the refrigerator on a tray or plate for 3 to 5 days. Plan on one day for every 5 pounds, and don't count the day you'll be roasting. Err on the side of extra time. For instance, a 15-pound bird should start thawing Sunday to be ready for Thanksgiving. You'll know it's ready when there are no ice crystals in the body cavity and the giblets and neck can be removed easily. Thawed birds will keep 1 or 2 days in the refrigerator.

Not thawed completely? Place the bird in a clean sink full of cold water and change the water every 30 minutes. Don't thaw the turkey on the counter, in the microwave oven, or in warm water; bacteria can multiply dangerously.

Whether you have a fresh or frozen bird, rinsing isn't necessary, but do pat dry with paper towels and, again, be sure to remove the the giblets and neck.

## 3. Stuff

Measure out the amount of stuffing that will go into the bird, allowing ¾ cup per pound of bird. (That's 11 cups for a 15-pound bird.) Spoon some stuffing loosely into neck cavity. Pull the neck skin over stuffing; fasten to turkey's back with a short skewer or toothpicks.

The drumsticks are usually held in place by a band of skin, or a metal or plastic clamp; unhook the legs (or one of the legs, if you can't get both out). Loosely spoon stuffing into the body

continued on page 21




# 100%
## GOOD TASTE

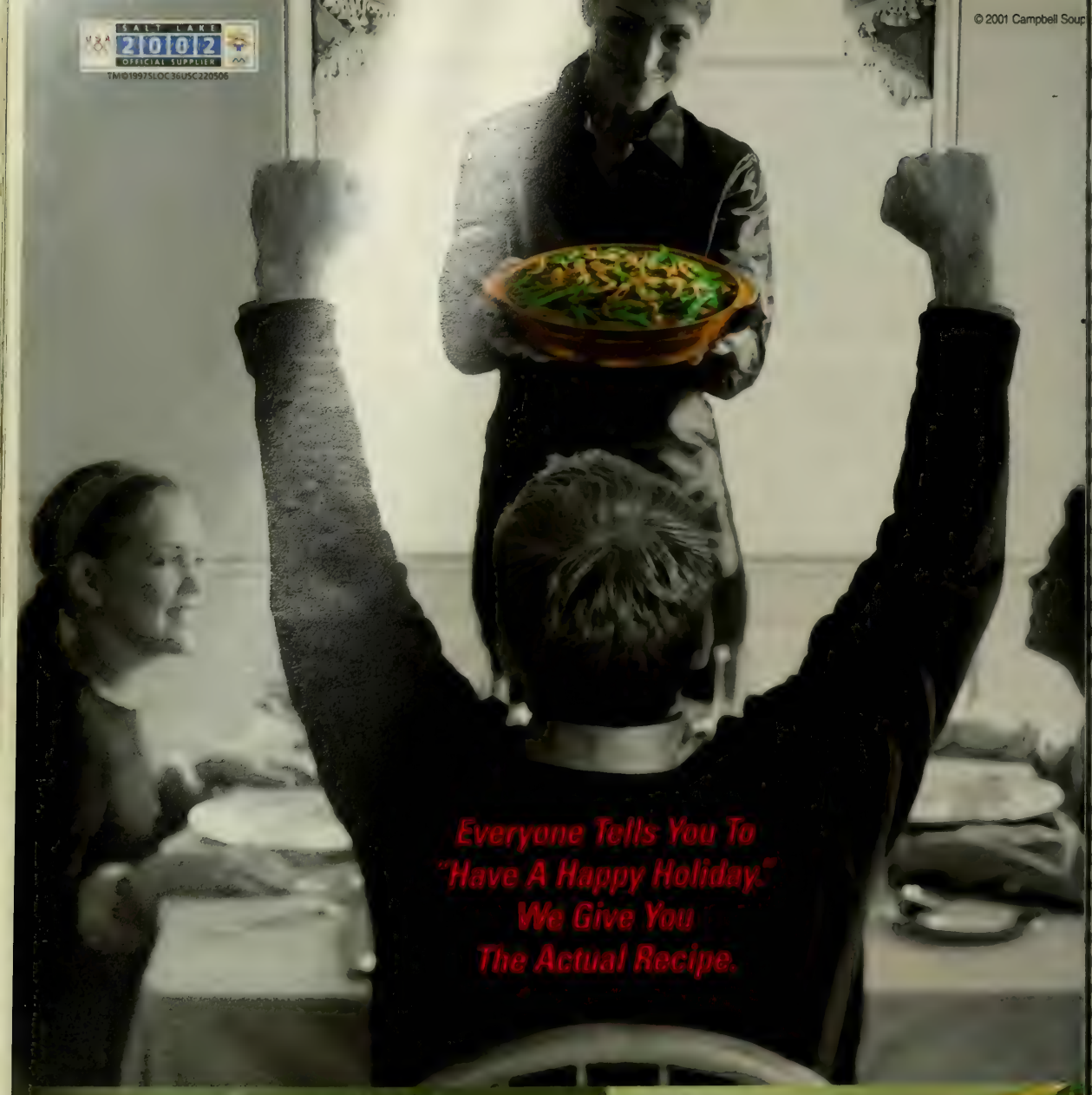
FROM 100% WHOLE GRAIN WHEAT - IT'S THE GOOD-TASTING WAY TO HELP DRIVE AWAY YOUR HUNGER. POST SPOON SIZE SHREDDED WHEAT. 100% GOOD.

BREAKFAST MADE RIGHT®



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Everyone Tells You To
"Have A Happy Holiday."
We Give You
The Actual Recipe.

Campbell's.

## Green Bean Casserole

**Prep Time: 10 Min. • Cook Time: 30 Min. • Serves 6**

1 can (10¾ oz.) Campbell's® Cream of Mushroom **or** 98% Fat Free Cream of Mushroom Soup
½ cup milk
1 tsp. soy sauce
Dash pepper
4 cups cooked cut green beans
1⅓ cups French's® French Fried Onions

**Mix** soup, milk, soy, pepper, beans and **⅔ cup** onions in 1½-qt. casserole.

**Bake** at 350°F. for 25 min. or until hot.

**Stir.** Sprinkle with remaining onions. Bake 5 min.




www.campbellsoup.com



# erfect Turkey Roasting

tinued from page 208

ity; don't pack it in or stuffing may be fully cooked by the time the key is done. Spoon remaining stuff- into a baking dish or casserole, then er and chill it until about an hour be- e the turkey is done and you're ready bake it. (If you don't have a meat ther- meter, consider cooking the stuffing casserole rather than in the turkey.) f you prefer not to stuff your turkey, ce quartered onions and celery in the ty cavity to add flavor to the drippings 'll be using in your gravy, then pull neck skin to back; fasten as above. Next, tuck the drumsticks under the id of skin that crosses the tail, or reset the leg clamp. If there's no band or mp, tie drumsticks together with cot- twine, also known as kitchen string. st wing tips under the back—this es the turkey a stable base to rest on.

## Roast & Serve

hard part is over. Place your oven k in its lowest position; preheat oven 25° F. Place turkey, breast side up, on ck in a shallow pan, which has sides deeper than about 2 inches. (Yes, ermarket foil pans work just fine.) To ance browning, brush the bird with king oil. Push a meat thermometer the center of an inside thigh mus- not touching bone. Cover turkey sely with foil, pressing it over drum- ks and neck. Roast, using the timings *low)* as a guide. Most turkeys come injected with broth to keep them moist, so basting is not necessary.

After the bird is in the oven, wash your hands, cutting board, and sink with hot soapy water.

When the turkey has been in the oven for two-thirds of the time shown on the chart, cut skin or string between drumsticks. Remove foil for the last 30 to 45 minutes to brown the skin. When done, a meat thermometer inserted deep into the thigh should register 180° F and the stuffing should be at least 165° F.

Other ways to tell the turkey is done are that the drumsticks should move very easily in their sockets and their thickest parts should feel soft when pressed. In addition, juices from the thigh should run clear when pierced deeply with a long-tined fork.

Remove the turkey from the oven and cover loosely with foil. Let stand 20 minutes. Release legs from leg clamp, if present. Remove the stuffing, then carve.

The turkey can remain at room temperature for 2 hours after it comes out of the oven; after that, into the fridge.

## Turkey Questions?

For more turkey roasting information, a holiday planner, and recipes, visit www.bhg.com/extra or AOL Keyword: Food. Or, try the USDA Meat and Poultry Hot Line: 800/535-4555 (in Washington, D.C., 202/720-3333). On Thanksgiving day USDA food safety experts will be answering questions 8 a.m. to 2 p.m. EST. Or, call the Butterball Turkey-Talk Line: 800/288-8372; or Reynolds Turkey Tips Line: 800/745-4000.

## Stuffed Whole-Turkey Roasting Guide

| EADY-TO-COOK URKEY WEIGHT | OVEN TEMPERATURE | ROASTING TIME |
|---|---|---|
| to 12 lb. | 325° F | 3 to 3¾ hours |
| ! to 14 lb. | 325° F | 3¼ to 4½ hours |
| - to 18 lb. | 325° F | 4 to 5 hours |
| l to 20 lb. | 325° F | 4½ to 5¼ hours |
| l to 24 lb. | 325° F | 4¾ to 5¾ hours |

r unstuffed turkeys of the same weight, reduce the total cooking time by 15 to 45 minutes. e turkey is done when the thigh temperature reaches 180 F° and the stuffing is 165° F.

In 2 Quick Steps You Can Have The World Eating Out Of Your Hand.



Campbell's 2-Step Creamy Chicken & Pasta

Prep/Cook Time: 20 Min. Serves 4

1 BROWN

1lb. Cut Up Boneless Chicken Breasts.

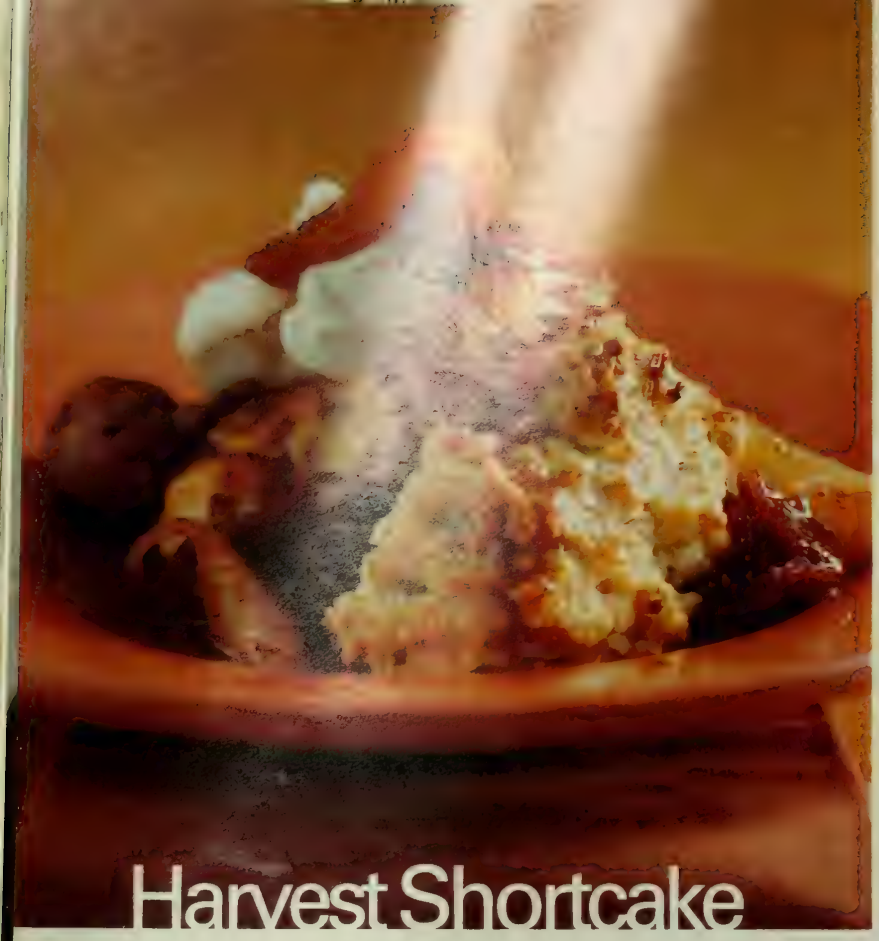
2 ADD

Frozen Vegetable Pasta Blend, Soup & Water. Cover & Simmer Until Done.

CHICKEN

M'm! M'm! Good!

www.campbellsoup.com



# Harvest Shortcake

Extend the season of a summer favorite! Our Autumn Shortcake is crunchy, crusty, and crowded with dried fruits and nuts. Instead of summer berries, there are pears and figs poached in red wine; and whipped cream takes a hiatus in favor of velvety smooth mascarpone cheese.

by
Ken Haedrich

**Autumn Shortcake**
**Prep:** 40 minutes **Cook:** 18 minutes

- 2 cups unbleached all-purpose flour
- ¼ cup sugar
- 1½ tsp. baking powder
- ½ tsp. salt
- ¼ tsp. baking soda
- 6 Tbsp. cold butter or unsalted butter
- ½ cup chopped walnuts
- ½ cup finely chopped dried pears
- ½ cup milk
- ⅓ cup sour cream
- 1 egg
- 1 to 2 tsp. sugar
- 1 8 oz. carton mascarpone cheese (1 cup)
- 1 Tbsp. sugar
- ¼ cup milk
- 1 recipe Fig and Pear Compote

**FIG AND PEAR COMPOTE**
Cut four 3×¾-inch strips of zest from a lemon. Bring 2 cups red wine or cranberry juice, ½ cup water, ½ cup sugar, 3 Tbsp. lemon juice, and zest to boiling in medium saucepan, stirring occasionally. Add 8 oz. dried figs, stems removed. Return to boiling; reduce heat. Simmer, uncovered, for 25 minutes. Add 3 medium peeled, sliced Bosc pears; bring to boiling; reduce heat. Simmer, covered, for 5 minutes or until tender. Drain fruit, reserving cooking liquid and fruit. Remove zest. Return liquid to saucepan. Bring to boiling; reduce heat. Boil gently, uncovered, 10 to 12 minutes until reduced to 1 cup. Return fruit to sauce. Serve with Autumn Shortcake, spooned over ice cream, shortbread cookies, or alongside dessert cheeses.

1. Preheat oven to 400° F. In a lar bowl combine flour, the ¼ cup sug baking powder, salt, and baking so Cut butter into dry ingredients un mixture resembles coarse crumbs. S in walnuts and pears. In a small bo combine milk, sour cream, and eg Reserve 1 tablespoon of egg mixtu

2. Make a well in dry ingredien Add liquid all at once to dry ingre ents. Stir to moisten. Drop dou into eight mounds 2 inches apart a large, greased cookie sheet. Bru with reserved egg mixture; sprink with 1 to 2 teaspoons sugar. Ba 18 to 20 minutes. Transfer shortcak to wire rack; cool slightly. In a bo combine mascarpone cheese, sug and milk until smooth.

3. To serve, place shortcakes individual plates. Top each with large spoonful of mascarpone che mixture and Pear and Fig Compo Makes 6 servings.

Nutrition facts per serving: 6 cal., 31 g total fat (15 g sat. fat), 92 chol., 401 mg sodium, 78 g carb 7 g fiber, and 13 g pro. Daily Valu 13% vit. A, 7% vit. C, 12% calc and 17% iron.


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# Molasses

by Ken Haedrich

Chances are, the jar of molasses in your pantry is seeing less action than it could. Once a staple of colonial cookery, America's first sweetener of choice has a legacy of delicious dishes from Indian pudding and steamed brown bread to glazed holiday potatoes.

Now, molasses is used to add depth to marinades, salad dressings, soups, and stews. It's excellent drizzled on sliced bananas and yogurt; better still poured over oatmeal or a stack of pancakes.

If your folks ever told you that you were slower than molasses, here's what they meant: Molasses is available in several grades of sweetness, each the result of boiling down the syrup of crushed sugarcane. As the syrup goes through subsequent boilings, it becomes darker, thicker, more strongly flavored...and slower to pour.

Generally, the lighter the color is, the sweeter and milder the molasses will be. Check the label for the word "unsulphured," meaning that no sulphur dioxide has been used to lighten the color.

Consider purchasing two kind thick, assertively flavored blackstra molasses for cooking, and a mild grade for table use. Then make fast move for this slow food wher ever you want to add a sweet, robu touch to your cooking.

### Thick with history

In 1733 the English Parliamer passed the Molasses Act to regula trade and levy tariffs on importe molasses. Some historians say it w the tax on molasses, more so than t tax on tea, that helped spur t Revolutionary War.

During the 19th century, whe sugar was still scarce and expensiv thrifty cooks north and south of t Mason-Dixon Line learned to ma good use of molasses, adding i deep, rustic flavor to baked bean mince, pumpkin, and shoofly pie and gingerbread, cookies, and cak

Boston suffered a sticky situati in January 1919 when a storag tank collapsed and a 2 millio gallon wave of molasses flooded t streets. Today, Bean Towners po molasses from a bottle.

### MOLASSES QUICKIES

Weight for weight, molasses is as sweet as sugar, but its big taste is best with full-flavored foods. Otherwise, use molasses with a light touch.

- Vinaigrettes get noticed with the addition of molasses. Try 1 to 2 tablespoons whisked into balsamic vinaigrette.
- Cooked bacon or sausage are good, smoky matches to molasses. Add about 1 tablespoon to the pan at the last minute of cooking, and finish over low heat.
- Hot wheat cereals, steel-cut oats, and grits taste more wholesome with a drizzle of sweet molasses.
- Beans love molasses. Add 1 or 2 spoonfuls to canned baked beans, more if they're homemade. Dress cold bean salads with molasses vinaigrette (*above*). A bit of molasses adds mysterious flavor to black bean soup.
- Cocoa tastes bolder with a spoonful of molasses.

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*Please see additional important information about Nasacort AQ on next page.*




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ONCE DAILY

# Nasacort AQ

(triamcinolone acetonide) Nasal Spray

For intranasal use only.

Shake Well Before Using

**BRIEF SUMMARY**

**CONTRAINDICATIONS**

Hypersensitivity to any of the ingredients of this preparation contraindicates its use.

**WARNINGS**

The replacement of a systemic corticosteroid with a topical corticosteroid can be accompanied by signs of adrenal insufficiency and, in addition, some patients may experience symptoms of withdrawal; *e.g.*, joint and/or muscular pain, lassitude and depression. Patients previously treated for prolonged periods with systemic corticosteroids and transferred to topical corticosteroids should be carefully monitored for acute adrenal insufficiency in response to stress. In those patients who have asthma or other clinical conditions requiring long-term systemic corticosteroid treatment, too rapid a decrease in systemic corticosteroids may cause a severe exacerbation of their symptoms.

Children who are on immunosuppressant drugs are more susceptible to infections than healthy children. Chickenpox and measles, for example, can have a more serious or even fatal course in children on immunosuppressant doses of corticosteroids. In such children, or in adults who have not had these diseases, particular care should be taken to avoid exposure. If exposed, therapy with varicella-zoster immune globulin (VZIG) or pooled intravenous immunoglobulin (IVIG), as appropriate, may be indicated. If chickenpox develops, treatment with antiviral agents may be considered.

**PRECAUTIONS**

**General:** In clinical studies with triamcinolone acetonide nasal spray, the development of localized infections of the nose and pharynx with *Candida albicans* has rarely occurred. When such an infection develops it may require treatment with appropriate local or systemic therapy and discontinuance of treatment with **Nasacort AQ** Nasal Spray.

**Nasacort AQ** Nasal Spray should be used with caution, if at all, in patients with active or quiescent tuberculous infection of the respiratory tract or in patients with untreated fungal, bacterial, or systemic viral infections or ocular herpes simplex.

Because of the inhibitory effect of corticosteroids, in patients who have experienced recent nasal septal ulcers, nasal surgery, or trauma, a corticosteroid should be used with caution until healing has occurred. As with other nasally inhaled corticosteroids, nasal septal perforations have been reported in rare instances.

When used at excessive doses, systemic corticosteroid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, **Nasacort AQ** Nasal Spray should be discontinued slowly, consistent with accepted procedures for discontinuing oral steroid therapy.

**Information for Patients:** Patients being treated with **Nasacort AQ** Nasal Spray should receive the following information and instructions. Patients who are on immunosuppressant doses of corticosteroids should be warned to avoid exposure to chickenpox or measles and, if exposed, to obtain medical advice.

Patients should use **Nasacort AQ** Nasal Spray at regular intervals since its effectiveness depends on its regular use. (See **DOSAGE AND ADMINISTRATION**.)

An improvement in some patient symptoms may be seen within the first day of treatment, and generally, it takes one week of treatment to reach maximum benefit. Initial assessment for response should be made during this time frame and periodically until the patient's symptoms are stabilized.

The patient should take the medication as directed and should not exceed the prescribed dosage. The patient should contact the physician if symptoms do not improve after three weeks, or if the condition worsens. Patients who experience recurrent episodes of epistaxis (nose bleeds) or nasal septum discomfort while taking this medication should contact their physician. For the proper use of this unit and to attain maximum improvement, the patient should read and follow the accompanying patient instructions carefully

It is important to shake the bottle well before each use. **Also, the bottle should be discarded after 120 actuations since the amount of triamcinolone acetonide delivered thereafter per actuation may be substantially less than 55 mcg of drug.** Do not transfer any remaining suspension to another bottle.

**Carcinogenesis, Mutagenesis, and Impairment of Fertility:** In a two-year study in rats, triamcinolone acetonide caused no treatment-related carcinogenicity at oral doses up to 1.0 mcg/kg (approximately 1/30 and 1/50 of the maximum recommended daily intranasal dose in adults and children on a mcg/m$^2$ basis, respectively). In a two-year study in mice, triamcinolone acetonide caused no treatment-related carcinogenicity at oral doses up to 3.0 mcg/kg (approximately 1/12 and 1/30 of the maximum recommended daily intranasal dose in adults and children on a mcg/m$^2$ basis, respectively)

No mutagenicity studies with triamcinolone acetonide have been performed.

In male and female rats, triamcinolone acetonide caused no change in pregnancy rate at oral doses up to 15.0 mcg/kg (approximately 1/2 of the maximum recommended daily intranasal dose in adults on a mcg/m$^2$ basis). Triamcinolone acetonide caused increased fetal resorptions and stillbirths and decreases in pup weight and survival at doses of 5.0 mcg/kg and above (approximately 1/5 of the maximum recommended daily intranasal dose in adults on a mcg/m$^2$ basis). At 1.0 mcg/kg (approximately 1/30 of the maximum recommended daily intranasal dose in adults on a mcg/m$^2$ basis), it did not induce the above mentioned effects.

**Pregnancy:** *Teratogenic Effects: Pregnancy Category C.* Triamcinolone acetonide was teratogenic in rats, rabbits, and monkeys. In rats, triamcinolone acetonide was teratogenic at inhalation doses of 20 mcg/kg and above (approximately 7/10 of the maximum recommended daily intranasal dose in adults on a mcg/m$^2$ basis). In rabbits, triamcinolone acetonide was teratogenic at inhalation doses of 20 mcg/kg and above (approximately 2 the maximum recommended daily intranasal dose in adults on a mcg/m$^2$ basis). In mo triamcinolone acetonide was teratogenic at an inhalation dose of 500 mcg/kg (a mately 37 times the maximum recommended daily intranasal dose in adults on a basis). Dose-related teratogenic effects in rats and rabbits included cleft palate and/or hydrocephaly and axial skeletal defects, whereas the effects observed in the monke cranial malformations.

There are no adequate and well-controlled studies in pregnant women. Therefore, t nolone acetonide should be used in pregnancy only if the potential benefit justif potential risk to the fetus. Since their introduction, experience with oral corticoster pharmacologic as opposed to physiologic doses suggests that rodents are more p teratogenic effects from corticosteroids than humans. In addition, because there is ral increase in glucocorticoid production during pregnancy, most women will require exogenous corticosteroid dose and many will not need corticosteroid treatment pregnancy.

**Nonteratogenic Effects:** Hypoadrenalism may occur in infants born of mothers re corticosteroids during pregnancy. Such infants should be carefully observed.

**Nursing Mothers:** It is not known whether triamcinolone acetonide is excreted in huma Because other corticosteroids are excreted in human milk, caution should be exercise **Nasacort AQ** Nasal Spray is administered to nursing women.

**Pediatric Use:** Safety and effectiveness in pediatric patients below the age of 6 yea not been established.

Corticosteroids have been shown to cause growth suppression in children and tee particularly with higher doses over extended periods. If a child or teenager on any c teroid appears to have growth suppression, the possibility that they are particularly s to this effect of corticosteroids should be considered.

**ADVERSE REACTIONS**

In placebo-controlled, double-blind, and open-label clinical studies, 1483 adults a dren 12 years and older received treatment with triamcinolone acetonide aqueou spray. These patients were treated for an average duration of 51 days. In the contro als (2-5 weeks duration) from which the following adverse reaction data are derive patients were treated with **Nasacort AQ** Nasal Spray for an average of 19 days. In term, open-label study, 172 patients received treatment for an average duration of 28

Adverse events occurring at an incidence of 2% or greater and more common **Nasacort AQ**-treated patients than placebo-treated patients in controlled adult clinic were:

| Adverse Events | Patients treated with 220 mcg triamcinolone acetonide (n=857) % | Vehicle Placebo (n=962) % |
|---|---|---|
| Pharyngitis | 5.1 | 3.6 |
| Epistaxis | 2.7 | 0.8 |
| Increase in cough | 2.1 | 1.5 |

A total of 602 children 6 to 12 years of age were studied in 3 double-blind, place trolled clinical trials. Of these, 172 received 110 mcg/day and 207 received 220 mc **Nasacort AQ** Nasal Spray for two, six, or twelve weeks. The longest average dura treatment for patients receiving 110 mcg/day and 220 mcg/day were 76 days and 8 respectively. Only 1% of those patients treated with **Nasacort AQ** were discontinue adverse experiences. No patient receiving 110 mcg/day discontinued due to a serious event and one patient receiving 220 mcg/day discontinued due to a serious event considered not drug related. Overall, these studies found the adverse experience pr **Nasacort AQ** to be similar to placebo. A similar adverse event profile was observed atric patients 6-12 years of age as compared to older children and adults with the e of epistaxis which occurred in less than 2% of the pediatric patients studied.

Adverse events occurring at an incidence of 2% or greater and more common amo patients treated with placebo than **Nasacort AQ** were: headache, and rhinitis. In child 6 to 12 years these events included: asthma, epistaxis, headache, infection, otitis sinusitis, and vomiting

In clinical trials, nasal septum perforation was reported in one adult patient althou tionship to **Nasacort AQ** Nasal Spray has not been established.

In the event of accidental overdose, an increased potential for these adverse exp may be expected, but acute systemic adverse experiences are unlikely. (See **OVERD**

**OVERDOSAGE**

Like any other nasally administered corticosteroid, acute overdosing is unlikely in the total amount of active ingredient present. In the event that the entire contents of tle were administered all at once, via either oral or nasal application, clinically si systemic adverse events would most likely not result. The patient may experience sc trointestinal upset.

**Caution:** Federal law prohibits dispensing without prescription

Please see product circular for full prescribing information.

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# Happy Thanksgiving

continued from page 206



**Very Ginger Pound Cake**

Kumquats and blood oranges glistening in a sugar-sweetened syrup lend their gorgeous color to the cake topping.

**Prep:** 70 minutes **Bake:** 60 minutes

- 1 cup butter
- 5 eggs
- 1 cup milk
- 3 cups all-purpose flour
- 1 tsp. baking powder
- ¼ tsp. baking soda
- ¼ tsp. salt
- 2 cups granulated sugar
- ¾ cup packed brown sugar
- 2 Tbsp. grated fresh ginger
- 2 tsp. vanilla
- ½ cup finely chopped candied or crystallized ginger
- 1 recipe Blood Orange Topping

1. Allow butter, eggs, and milk to stand at room temperature for 30 minutes. Preheat oven to 350° F. Grease and lightly flour a 10-inch tube pan. In a large bowl stir together the flour, baking powder, baking soda, and salt; set aside.

2. In a very large mixing bowl beat the butter with an electric mixer on medium to high speed for 30 seconds. Gradually add the 2 cups granulated sugar and the brown sugar, beating until well combined. Beat in the fresh ginger and vanilla. Add eggs, one at a time, beating for 1 minute after each addition and scraping bowl frequently.

3. Add flour mixture and milk alternately to beaten mixture, beating on low speed to medium speed after each addition just until combined. Gently stir in candied ginger. Pour batter into prepared pan.

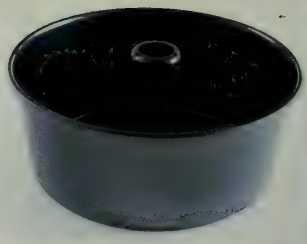
4. Bake for 60 to 70 minutes or until a cake tester or wooden toothpick inserted near the center comes out clean. Cool in pan on wire rack for 10 minutes. Remove cake from pan. Cool completely on rack.

5. To serve, place cake on a cake stand or serving plate. Spoon Blood Orange Topping over cake. Drizzle with remaining syrup in skillet. Makes 16 servings.



Slowly reducing the fruit syrup for Blood Orange Topping helps to thicken it and deepen its flavor.

*Blood Orange Topping*: In a medium saucepan combine 1 cup water and 1½ cups granulated sugar. Bring to boiling. Boil gently for 15 to 20 minutes or until mixture forms a thick syrup, stirring occasionally. Stir more often as syrup begins to thicken (about 1 cup). Meanwhile, thinly slice 3 blood oranges and 12 kumquats; discard ends and any seeds. Add fruit to syrup, stirring to coat. Return to boiling, reduce heat. Simmer, uncovered, about 5 minutes more or until fruit is just tender, carefully turning fruit in syrup several times. Gently remove fruit from syrup with a slotted spoon. Continue to boil syrup, uncovered, for 10 to 15 minutes more or until reduced to ¾ cup. Cool about 15 minutes. Use to top Very Ginger Pound Cake.



**POUND CAKE PAN**

Make our Very Ginger Pound Cake (recipe, *left*) or any of your favorite angel food or pound cakes with this **10-Inch Tube Pan** from Nordic Ware. With a capacity of 12 cups, this commercial-weight pan features a nonstick surface for easy cleanup and is dishwasher safe. Each pan costs $32.95, which includes shipping, handling, and applicable sales tax.

**TO ORDER** with your MasterCard, Visa, Discover, or American Express card, call 800/881-4066. To order by mail, send a check or money order to: *Better Homes and Gardens®* Reader Shopping Service, Dept. 0111, Box 9128, Des Moines, IA 50306-9128. Or visit *www.bhgcatalog.com* on the Internet to order.

Make-Ahead Directions: Bake and cool cake as directed, except do not add fruit topping or syrup. Place cake in airtight container or wrap in foil and store at room temperature for up to 2 days. Or, freeze cake for up to 3 months. Thaw at room temperature. Prepare and add fruit topping just before serving.

Nutrition facts per serving: 45 cal., 14 g total fat (8 g sat. fat), 10 mg chol., 239 mg sodium, 79 carbo., 2 g fiber, and 5 g pro. Daily Values: 14% vit. A, 31% vit. C, 7% calcium, and 9% iron.

**Orange-Fennel Autumn Salad**

Save some of the feathery fronds from the fennel stalk to garnish the salad dressing.

continued on page 2


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Create your holiday meal with McCormick.
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and second-helpings you notice around the table.
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Ground
Cinnamon
The taste you trust
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DIRECTIONS:

1. Get home from work late.
2. Take out as many slices as you need.
3. Toast 4-5 minutes.
4. Give your pasta pizazz.




In your grocer's freezer.

PEPPERIDGE FARM

...e Ordinary Day.™

## Ha... hanksgiving

... page 218

... to **finish:** 35 minutes

- ... fresh baby spinach, washed ...nd stems removed (about 3 cups lightly packed)
- ... cups torn radicchio
- 1 medium fennel bulb, cored and thinly sliced (about 2½ cups)
- 3 Clementines or oranges, seeded, peeled, thinly sliced
- 1 recipe Citrusy-Yogurt Dressing

1. In a straight-sided, large glass compote or trifle bowl arrange the spinach, radicchio, fennel, and Clementines. Serve with Citrusy-Yogurt Dressing. Makes 8 servings.

*Citrusy-Yogurt Dressing*: In a small bowl stir together ⅓ cup mayonnaise, light mayonnaise or salad dressing; ⅓ cup yogurt; 2 Tbsp. thawed frozen orange juice concentrate; and 1 Tbsp. Pernod or thawed frozen orange juice concentrate. Spoon dressing into bowl. Garnish with fennel leaves. Serve with Orange-Fennel Autumn Salad.

Nutrition facts per serving: 109 cal., 8 g total fat (1 g sat. fat), 4 mg chol., 91 mg sodium, 8 g carbo., 9 g fiber, and 2 g pro. Daily Values: 16% vit. A, 43% vit. C, 6% calcium, and 5% iron.

### Parsnip Potato Mash

The slightly sweet flavor of parsnips provides balance to the earthiness of the russet potatoes.

**Prep:** 20 minutes **Cook:** 20 minutes

- 1½ lb. russet potatoes (4 to 5 medium)
- ½ lb. parsnips
- 4 Tbsp. butter or margarine, softened
- ¼ tsp. salt
- ⅛ tsp. pepper
- ¾ to 1 cup buttermilk, warmed slightly
- ¼ cup coarsely chopped flat-leaf parsley

1. Peel and quarter the potatoes. Peel and cut the parsnips into large chunks. Cook potatoes and parsnips in a small amount of boiling, lightly salted water for 20 to 25 minutes or until tender; drain.

2. Mash potatoes and parsnips with a potato masher or beat with an electric mixer set on low speed. Add butter, salt, and pepper. Gradually beat in buttermilk to make a light and fluffy consistency. Spoon into serving bowl. Sprinkle with parsley. Makes 8 servings.

Nutrition facts per serving: 149 cal., 7 g total fat (4 g sat. fat), 17 mg chol., 165 mg sodium, 20 g carbo., 3 g fiber, and 3 g pro. Daily Values: 7% vit. A, 30% vit. C, 5% calcium, and 5% iron.

### Cauliflower Cheese Bake

Give yourself a head start on the day's cooking by microwaving and slicing the cauliflower early in the day. Store, covered, in the refrigerator.

**Prep:** 25 minutes **Bake:** 10 minutes

- 1 medium head cauliflower (about 2 lb.)
- ½ cup regular mayonnaise or light mayonnaise dressing, or salad dressing
- 1 Tbsp. country Dijon-style mustard
- 1 Tbsp. milk
- ¼ tsp. coarsely ground black pepper
- 1 cup dry firm-textured white bread or sourdough bread cubes*
- 1 Tbsp. butter or margarine, melted
- 1 cup shredded smoked Gruyère or cheddar cheese (4 oz.)

1. Preheat oven to 400° F. Remov... leaves from cauliflower; trim cor... even with floret stems so head wi... stand evenly. Place cauliflower in ... 9-inch glass pie plate or a 2-qua... microwave-safe baking dish. Ad... ½ cup water. Cover with vente... plastic wrap. Microwave on hig...

continued on page 2...


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## Happy Thanksgiving

continued from page 220

power (100%) for 7 to 10 minutes or until just tender, turning dish after 4 minutes. Transfer cauliflower to cutting board; cool slightly.

2. Using a long, thin-bladed knife, cut cauliflower head into 1-inch-thick slices. Arrange cauliflower slices and florets in 1½-quart au gratin dish or 10-inch quiche dish.



Allow the cauliflower to cool slightly before slicing; this will keep the slices from breaking apart.

3. For sauce, in a bowl stir together mayonnaise or salad dressing, mustard, milk, and pepper. Spoon sauce over cauliflower.

4. For topping, toss together bread crumbs and melted butter; sprinkle over cauliflower and sauce. Top with Gruyère cheese.

5. Bake, uncovered, for about 10 minutes or until heated through and topping is golden brown. Makes 6 servings.

*Note: To dry bread cubes, spread cubes in a shallow baking pan. Bake, uncovered, in a 350° F oven about 10 minutes or until dry, stirring once.

Make-Ahead Directions: Prepare and microwave cauliflower as directed. Cover and chill for up to 24 hours. Prepare sauce; cover and chill. To serve, bake cauliflower, covered, in a 400° F oven for 20 minutes. Top with sauce, topping, and cheese. Bake about 10 minutes more or until heated through and topping is golden brown.

Nutrition facts per serving: 271 cal., 23 g total fat (7 g sat. fat), 37 mg chol., 329 mg sodium, 8 g carbo., 4 g fiber, and 9 g pro. Daily Values: 8% vit. A, 141% vit. C, 23% calcium, and 5% iron.

### Cranberry-Apple Dressing

This dressing can do double duty as a stand-alone side dish or turkey stuffer. For tips on stuffing turkeys, see "Perfect Turkey Roasting," *page 208*.

**Prep:** 30 minutes **Bake:** 30 minutes

- 12 oz. baguette-style French bread, cut into ½-inch cubes (about 11 cups)
- 8 slices bacon
- 1 large onion, chopped (1 cup)
- 1 large clove garlic, minced
- 1 large tart apple, cored and coarsely chopped (1½ cups)
- ½ cup dried cranberries
- ½ cup apple cider or juice
- ¼ cup snipped flat-leaf parsley
- 3 Tbsp. snipped fresh thyme or 2 teaspoons dried thyme, crushed
- ½ tsp. freshly ground pepper

¼ tsp. salt
⅓ to ½ cup chicken broth
Apple wedges (optional)
Fresh thyme (optional)

1. Place bread cubes in a roasting pan. Bake, uncovered, in a 350° F oven for 10 minutes or until dry, stirring once. Transfer bread cubes to very large mixing bowl; set aside.

2. Meanwhile, in a skillet cook bacon until crisp. Remove bacon, reserving drippings in skillet. Crumble bacon; set aside. Add onion and garlic to drippings. Cook over medium heat until onion is tender, stirring frequently. Remove from heat. Stir in apple, cranberries, cider, parsley, thyme, pepper, and salt.

3. Add apple mixture and bacon to bread cubes. Toss gently to mix. Drizzle with enough of the broth to moisten, tossing lightly. Place stuffing in a 3-quart casserole. Bake, covered, in a 325° F oven for 30 to 40 minutes or until heated through. (Or, use to stuff turkey.) Garnish with apple wedges and thyme. Serve immediately. Makes 16 servings.

Make-Ahead Directions: Prepare stuffing as directed and turn into the 3-quart casserole, but do not bake. Cover and chill up to 4 hours. Bake, covered, in a 325° F oven for 45 to 55 minutes or until heated through.

Nutrition facts per serving: 103 cal., 2 g total fat (1 g sat. fat), 3 mg chol., 234 mg sodium, 18 g carbo., 1 g fiber, and 3 g pro. Daily Values: 2% vit. A, 5% vit. C, 2% calcium, and 5% iron.

### Sage and Sweet Pepper Couscous Dressing

Israeli couscous is also called pearl pasta. Look for this oversized couscous in large supermarkets or in specialty stores.

**Prep:** 20 minutes **Cook:** 8 minutes

1½ cups Israeli couscous
1 Tbsp. olive oil
2½ cups vegetable broth
2 cups coarsely chopped red, orange, and/or yellow sweet peppers
1½ cups coarsely chopped celery
1 cup finely chopped onion or thinly sliced green onion
2 Tbsp. olive oil, butter, or margarine
3 Tbsp. snipped fresh sage or 1 Tbsp. dried sage, crushed
1 tsp. finely shredded orange peel
½ tsp. poultry seasoning
½ tsp. freshly ground black pepper
¼ tsp. salt
Fresh sage leaves (optional)

continued on page 224






# Happy Thanksgiving

continued from page 223

1. In a large saucepan cook couscous in 1 tablespoon about 5 minutes or until gol broth; bring to boiling. Re Simmer, covered, for 8 to 1 or until couscous is tender and most of the liquid is absorbe from heat and set aside

2. Meanwhile, in a large skillet cook sweet peppers, celery, and finely chopped onion (if using) in the 2 tablespoons olive oil or butter for 5 to 6 minutes or until tender, stirring occasionally. Stir in green onion (if using), sage, orange peel, poultry seasoning, pepper, and salt; cook and stir 1 minute more.

3. Add vegetable mixture to couscous; toss to combine. Transfer to serving bowl. Garnish with fresh sage leaves. Serve immediately. Makes 8 servings.

Nutrition facts per serving: 193 cal., 6 g total fat (1 g sat. fat), 0 mg chol., 382 mg sodium, 32 g carbo., 3 g fiber, and 5 g pro. Daily Values: 42% vit. A, 106% vit. C, 3% calcium, and 5% iron.

### Swiss Chard and Corn Bread Dressing

The Southern appeal of this dressing can't be denied, but it will play well in any region of the country.

**Prep:** 50 minutes **Bake:** 50 minutes

- 1 recipe Country Skillet Corn Bread
- 1 large red onion, cut into wedges (1 cup)
- 3 Tbsp. butter or margarine
- 8 cups coarsely chopped Swiss chard or Ruby Swiss chard leaves
- 1 Tbsp. snipped fresh thyme or 1 tsp. dried thyme, crushed
- 1½ tsp. poultry seasoning
- ½ tsp. salt
- ¼ tsp. coarsely ground black pepper
- Da d red pepper
- 2 ps chicken broth

re Country Skillet Corn reheat oven to 325° F. Cut corn bread into about ¾-inch (about 8 cups). Spread corn cubes in 1 or 2 shallow baking pans. Bake 15 to 20 minutes or until lightly toasted, stirring once. Cool. Transfer to a very large mixing bowl.

2. In a skillet, cook onion in butter about 4 minutes or until just tender, stirring frequently. Add chard. Cook and stir about 3 minutes or until wilted and softened. Stir in thyme, poultry seasoning, salt, black pepper, and ground red pepper. Cook and stir for 2 minutes more.

3. Add chard mixture to corn bread cubes, tossing to mix. Drizzle with enough chicken broth to moisten. Place corn bread mixture in a 2-quart casserole. Bake, covered, in a 325° F oven for 30 minutes. Uncover and bake for 20 to 25 minutes more or until heated through and top is lightly browned. Makes 12 servings.

*Country Skillet Corn Bread*: Pour 2 Tbsp. oil into a 9-inch cast iron skillet or a 9x1½-inch round baking pan. Place pan in oven while preheating oven to 450° F. Meanwhile, in a large mixing bowl combine 3 eggs and 1 cup buttermilk with a wire whisk. Mix in 1½ tsp. baking powder, ½ tsp. salt, and ¼ tsp. baking soda. Pour hot oil from pan into batter; mix well. Stir in 1½ cups yellow cornmeal. Pour batter into prepared pan. Bake for 15 to 20 minutes or until a wooden toothpick comes out clean. Cool in pan 5 minutes. Loosen edges. Carefully invert to remove from pan. Turn bread browned side up; cool on wire rack. Use to prepare Swiss Chard and Corn Bread Dressing.

Nutrition facts per serving: 152 cal., 8 g total fat (3 g sat. fat), 62 mg chol., 596 mg sodium, 17 g carbo., 2 g fiber, and 5 g pro. Daily Values: 21% vit. A, 9% vit. C, 8% calcium, and 8% iron.

### Cumin Butternut Squash Soup

If you can't find blood oranges, selec any thin-skinned orange to float atop this velvety soup.

**Prep:** 30 minutes **Cook:** 18 minutes

- 1 to 2 tsp. cumin seeds
- ¼ cup butter or margarine
- 1 medium onion, chopped (½ cup)
- 1 medium carrot, chopped (½ cup)
- 1 stalk celery, chopped (½ cup)
- 2 lb. butternut squash, peeled and coarsely chopped (5 cups)
- 1 tsp. ground cumin
- 3 cups reduced-sodium chicken broth
- 1⅓ cups buttermilk
- ½ tsp. salt
- ⅛ tsp. pepper
- Blood oranges or oranges, thinly sliced (optional)

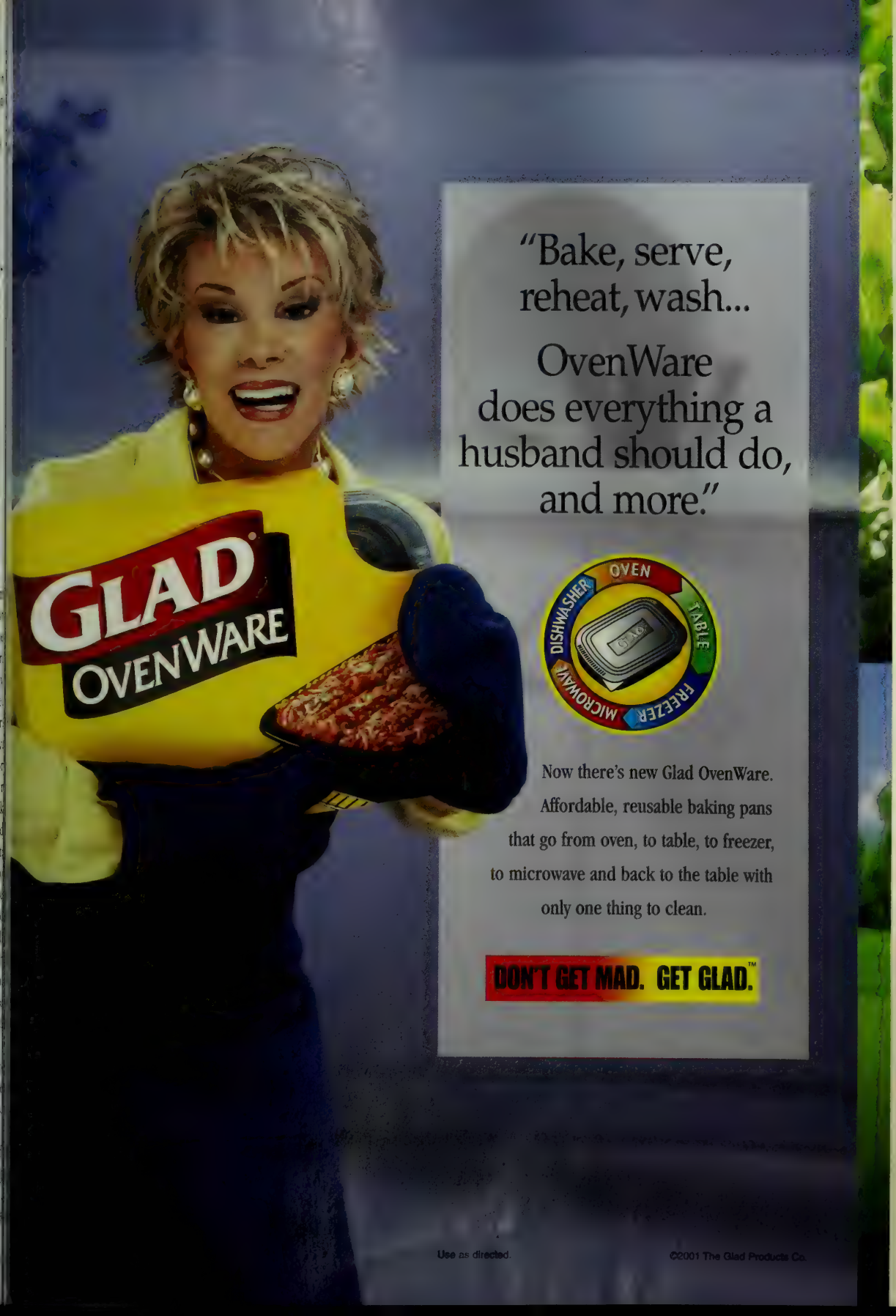
1. In a small skillet cook cumin seeds over medium heat for abou 1 minute or until seeds becom fragrant and turn a shade darker stirring frequently. Immediately remove seeds from skillet; set aside

2. In a large saucepan melt butter Stir in onion, carrot, and celery Cook over medium heat fo 5 minutes, stirring occasionally. Sti in squash and ground cumin. Coo and stir for 5 minutes more. Ad broth; bring to boiling. Reduce heat simmer, covered, for about 8 t 10 minutes or until vegetables ar very tender. Allow mixture to coo slightly. Puree mixture in sma batches in a food processor bowl o blender container until smooth Return pureed mixture to th saucepan. Stir in buttermilk, salt, an pepper; heat through.

3. To serve, ladle soup int individual bowls. Top with orang slices and toasted cumin seeds Makes 8 servings.

Nutrition facts per serving: 12 cal., 7 g total fat (4 g sat. fat), 18 m chol., 497 mg sodium, 15 g carbo

continued on page 22




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## Winner, *8–13*
## Michael Burbach
### Dubuque, IA

Michael Burbach is a 6th grader Dubuque, IA. This young artist has be drawing since age four. He's a big Ha Potter fan, takes piano lessons, a enjoys roller blading.



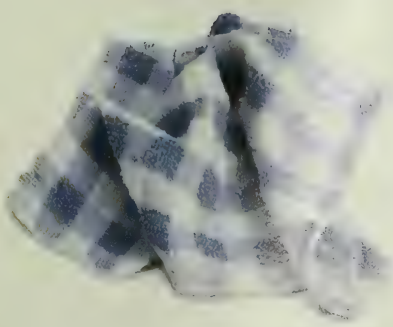
## Winner, *7 & under*
## Alex Klintworth
### Chatham, IL

Alex Klintworth is in the 3rd grade in Chatham, IL. A sports fanatic, Alex plays soccer, baseball, and basketball. He's enjoyed coloring and drawing from the time he was old enough to hold a crayon.



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# appy Thanksgiving

ntinued from page 224

g fiber, and 4 g pro. Daily Values: 0% vit. A, 34% vit. C, 10% lcium, and 5% iron.

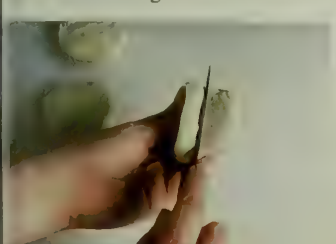
### Green Onion Parker House Biscuits

frigerated biscuit dough and ftened herb-blended cheese make ese biscuits so quick to prepare u'll want to serve them year-round.

**rep**: 10 minutes **Bake**: 8 minutes

- 1 5.2-oz. container Boursin cheese with garlic and herb
- ¼ cup sliced green onion
- 1 12-oz. pkg. (10) refrigerated biscuits
- 1 egg yolk
- 1 Tbsp. water
- 2 Tbsp. grated Parmesan cheese
- Sliced green onion

1. Preheat the oven to 400° F. In a all bowl stir together the Boursin eese and the ¼ cup green onion; aside.
2. Unwrap biscuits. Gently split e biscuits using a table knife or ur fingers (*below*). Place biscuit ttoms on a greased cookie sheet. read about 1 tablespoon of the eese mixture over each biscuit ttom. Replace biscuit tops.
3. In a small bowl use a fork to beat gether egg yolk and water. Brush cuit tops with yolk mixture. rinkle Parmesan cheese and ditional sliced green onions over



it the biscuits horizontally before fill- with the cheese. Some refrigerated ughs will need to be sliced.

top. Bake for 8 to 10 minutes or until golden brown. Serve warm. Makes 10 biscuits.

Nutrition facts per serving: 149 cal., 8 g total fat (5 g sat. fat), 23 mg chol., 394 mg sodium, 16 g carbo., 0 g fiber, and 4 g pro. Daily Values: 1% vit. A, 1% vit. C, 2% calcium, and 6% iron.

### Holiday Scalloped Potatoes

Choose any combination of red, Yukon Gold, or sweet potatoes, and layer any way you like—just maintain a total of 2¼ pounds of potatoes.

**Prep**: 40 minutes **Bake**: 70 minutes

- 1½ lb. round red potatoes or Yukon Gold potatoes
- ¾ lb. sweet potatoes
- 1 medium onion, chopped (½ cup)
- ¼ cup butter or margarine
- 3 Tbsp. all-purpose flour
- 2¼ cups milk
- ½ cup grated Parmesan cheese
- 1 Tbsp. snipped fresh tarragon or ½ tsp. dried tarragon, crushed
- ½ tsp. salt
- ½ tsp. freshly ground black pepper
- Fresh tarragon (optional)

1. Preheat oven to 350° F. Thinly slice the red or Yukon Gold potatoes (do not peel). Peel and thinly slice the sweet potatoes.
2. In a medium saucepan cook onion in butter or margarine about 5 minutes or until tender. Stir in flour; cook and stir 1 minute. Add milk all at once. Cook and stir until thickened and bubbly. Stir in Parmesan cheese, tarragon, salt, and pepper.
3. Arrange half of the red or Yukon Gold potatoes and half of the sweet potatoes in a greased 2-quart baking dish, alternating in rows, if desired. Spoon half of the sauce over the potatoes. Arrange remaining potatoes and sweet potatoes over sauce. Top with remaining sauce.
4. Bake, covered, for 40 minutes. Uncover and bake about 30 minutes more or until potatoes are tender and sauce is heated through. Garnish with fresh tarragon. Makes 8 servings.

Nutrition facts per serving: 237 cal., 10 g total fat (6 g sat. fat), 26 mg chol., 366 mg sodium, 30 g carbo., 3 g fiber, and 8 g pro. Daily Values: 170% vit. A, 33% vit. C, 19% calcium, and 7% iron.

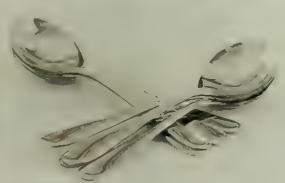
### Spinach Cheese Puff

Light and airy like a soufflé, but much less temperamental, this puff has the consistency of a spoon bread.

**Prep**: 30 minutes **Bake**: 40 minutes

- 6 eggs, yolks and whites separated
- 2 Tbsp. grated Parmesan cheese
- ¼ cup finely chopped shallots
- 2 cloves garlic, minced

continued on page 226



**SPOON IT UP!**

Soup spoons can be hard to find, but for soup lovers they are a necessity! For Cumin Butternut Squash Soup (recipe, *page 224*) or any of your family's favorites, these polished heavyweight stainless steel spoons have a 1½-inch round deep base. From RSVP, this **Set of Eight Soup Spoons** is dishwasher safe and costs $29.95, which includes shipping, handling, and sales tax.

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continued from page 225

- 3 Tbsp. butter or margarine
- ¼ cup finely snipped dried tomatoes (not oil-packed)
- ¼ cup all-purpose flour
- ¼ tsp. salt
- ⅛ tsp. ground red pepper
- 1 cup milk
- 1 cup shredded Swiss or Gruyère cheese (4 oz.)
- 8 oz. fresh spinach, cooked, well-drained, and finely chopped (¾ cup)*, or one 10-oz. pkg. frozen chopped spinach, thawed and well-drained
- ¼ cup finely chopped prosciutto
- 5 to 6 dried tomato slices

1. Allow egg yolks and egg whites to stand at room temperature for 30 minutes. Preheat oven to 375° F. Grease the bottom and sides of a 1½-quart soufflé dish. Sprinkle the inside of the dish with 1 tablespoon of the Parmesan cheese; set aside.

2. In a medium saucepan cook shallots and garlic in butter for 1 minute. Stir in snipped dried tomatoes, flour, salt, and ground red pepper. Cook and stir for 1 minute. Add milk all at once. Cook and stir until thickened and bubbly. Remove from heat. Add Swiss cheese and the remaining 1 tablespoon Parmesan, a little at a time, stirring until melted.

3. In a small bowl beat egg yolks with a fork until combined. Slowly add about half of the cheese sauce to yolks, stirring constantly. Return yolk mixture to the saucepan. Stir in spinach and prosciutto; set aside.

4. In a mixing bowl beat egg whites with electric mixer on medium to high speed until stiff peaks form (tips stand straight). Gently fold about one-third of the whites into spinach sauce to lighten; then fold mixture back into remaining egg whites.

5. Pour into prepared dish. Bake for 40 to 45 minutes or until puffed and a knife inserted near the center comes out clean. Soak dried tomato slices in hot water about 5 minutes before puff is done. Drain well. Gently arrange tomato slices atop puff and serve immediately. Makes 6 to 8 servings.

*Note: To cook fresh spinach, place spinach leaves in a steamer basket over boiling water. Cover and steam for 2 minutes or until wilted. Drain in colander, pressing with a spoon to squeeze out excess liquid. Finely chop spinach.

Nutrition facts per serving: 272 cal., 18 g total fat (10 g sat. fat), 252 mg chol., 477 mg sodium, 12 g carbo., 2 g fiber, and 17 g pro. Daily Values: 67% vit. A, 19% vit. C, 32% calcium, and 14% iron.

### Maple-Glazed Sweet Potatoes

These sweet potatoes get spiced up with a liberal dose of freshly ground black pepper.

**Prep:** 20 minutes **Bake:** 30 minutes

- 2 lb. sweet potatoes (6 medium)
- ⅓ cup pure maple syrup or maple-flavored syrup
- 3 Tbsp. coarse-grain Dijon-style mustard
- 2 Tbsp. cooking oil
- ½ tsp. salt
- ½ tsp. freshly ground black pepper
- ½ cup cranberries

1. Preheat oven to 400° F. Peel and cut sweet potatoes into 1- to 1½-inch chunks. In a bowl combine maple syrup, mustard, oil, salt, and pepper; add sweet potatoes and cranberries. Toss to coat. Transfer to 13x9x2-inch baking pan; spread mixture evenly.

2. Bake, uncovered, for 30 to 35 minutes or until the potatoes are glazed and tender, stirring twice. Makes 8 servings.

Nutrition facts per serving: 169 cal., 4 g total fat (4 g sat. fat), 0 mg chol., 293 mg sodium, 32 g carbo., 3 g fiber, and 2 g pro. Daily Values: 346% vit. A, 17% vit. C, 3% calcium, and 4% iron.

### Cranberry Sorbet

Canned cranberry sauce gets a frosty new look with this easy, sophisticated sorbet. Place the can of cranberry sauce in the freezer up to three days before making the sorbet.

**Prep:** 10 minutes **Freeze:** 7 hours

- 1 16-oz. can jellied cranberry sauce
- 1 Tbsp. lemon juice
- ½ to 1 cup champagne or rosé wine, chilled (optional)

1. Place can of cranberry sauce, unopened, in freezer for 6 to 8 hours or until frozen. Remove can from freezer and rinse under cold water for a few seconds. Open can at both ends. Push frozen sauce into food processor bowl or blender container. Using a spoon or table knife, break sauce into 5 or 6 chunks. Add lemon juice. Cover and process about 10 seconds. Or, blend just until smooth and fluffy, but still partially frozen.

2. Transfer mixture to freezer container or a 2-quart square baking dish. Cover and freeze at least 1 hour until firm or up to 24 hours. To serve, scoop into small glasses or dishes. Spoon champagne or wine over sorbet. Makes 8 servings.

Nutrition facts per serving: 90 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 28 mg sodium, 22 g carbo., 1 g fiber, and 0 g pro. Daily Values: 0% vit. A, 1% vit. C, 0% calcium, and 0% iron.

### Cornmeal Skillet Rolls

To shape this sticky dough with ease, coat your hands well with flour.

**Prep:** 30 minutes **Rise:** 40 minutes **Bake:** 30 minutes

- ½ cup yellow cornmeal
- 1 cup boiling water
- ½ cup molasses
- 1 Tbsp. butter or margarine
- 1 tsp. salt
- 1 egg
- 1 pkg. active dry yeast
- ¼ cup lukewarm water (105 to 115° F)

continued on page 228




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1 package (6 ounces) Sun-Maid Goldens and Cherries
1/3 cup apple juice
1 teaspoon vanilla extract
1 tablespoon cherry or raspberry jam
Brie cheese

Combine Goldens and Cherries, apple juice and vanilla in small saucepan or microwave-safe dish. Cover. Bring to a boil or microwave on high 2 to 3 minutes. Stir in jam. Let stand 5 minutes or until cool. Store in refrigerator. Makes about 1 cup.

Spoon over warm brie and serve with crackers.

Or try stirring compote into plain or vanilla yogurt or serving over cheesecake, vanilla ice cream, cheese blintzes or crepes.



For more delicious recipes, visit www.sunmaid.com

## Happy Thanksgiving

from page 226

3 cups all-purpose flour
Yellow cornmeal
1 recipe Lemon-Pepper Butter and/or Kumquat Butter

1. Grease a 9-inch cast iron skillet or 9-inch round baking pan. Place ½ cup cornmeal in a bowl. Add the boiling water. Stir until combined. Add molasses, butter, and salt, stirring until butter melts. Stir in the egg until combined; set aside.

2. In a small bowl dissolve yeast in the lukewarm water. Let stand until foamy, about 5 minutes.

3. Place flour in a mixing bowl. Add cornmeal and yeast mixtures. Beat with wooden spoon until a soft, sticky dough forms.

4. With well-floured hands, pinch off sixteen 2-inch pieces of dough. Shape each piece into a ball. Place balls, touching each other, in prepared skillet, flouring hands as necessary. Cover; let rise in a warm place until doubled in size, about 40 to 45 minutes. Sprinkle with additional cornmeal.

5. Meanwhile, preheat oven to 375° F. Bake rolls for 30 to 35 minutes or until golden brown on top and they sound hollow when tapped. Cool slightly. Serve warm directly from the skillet. Or, to serve at room temperature, remove rolls from skillet and cool on a wire rack. Serve with Lemon-Pepper Butter (*below*) and/or Kumquat Butter (*page 230*). Makes 16.

Nutrition facts per serving: 122 cal., 1 g total fat (1 g sat. fat), 15 mg chol., 160 mg sodium, 24 g carbo., 1 g fiber, and 3 g pro. Daily Values: 1% vit. A, 0% vit. C, 2% calcium, and 8% iron.

**Lemon-Pepper Butter**

To make butter pats, roll this butter in waxed paper and chill in the refrigerator until just hardened. Unroll and slice just before serving.

**Start to finish:** 5 minutes

½ cup butter, softened
2 tsp. finely shredded lemon peel
2 tsp. lemon juice
1 tsp. cracked or coarsely ground black pepper

1. In a food processor bowl combine butter, lemon peel, juice, and pepper. Cover; process until blended. (Or, combine ingredients in mixing bowl. Beat with electric mixer on medium speed until smooth.)

2. Use immediately or chill for up to 2 days. To serve, let stand at room temperature until soft enough to spread. Serve with Cornmeal Skillet Rolls or other favorite bread. Makes ½ cup.

Nutrition facts per serving: 109 cal., 12 g total fat (8 g sat. fat), 33 mg chol., 124 mg sodium, 0 g carbo., 0 g fiber, and 0 g pro. Daily Values: 1% calcium, and 1% iron.

continued on page 230



**ALL-PURPOSE CAST IRON SKILLET**

A 10¼-inch **Cast Iron Skillet** is just what the cook ordered for our Cornmeal Skillet Rolls (recipe, *page 226*). The durable skillet features a helpful "assist handle." The price of the skillet is $29.95, which includes shipping, handling, and applicable sales tax.

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# Happy Thanksgiving

continued from page 228

### Kumquat Butter

This tangy, sweet butter is also delicious tossed with steamed green vegetables.

**Start to finish:** 10 minutes

- 4 oz. kumquats (about 10)
- ½ cup butter, softened
- 2 Tbsp. finely shredded orange peel
- 1 Tbsp. honey

1. Halve kumquats crosswise; remove and discard any seeds. Place kumquats in bowl of a food processor. Cover; process until finely chopped. Add butter, orange peel, and honey. Process until fluffy. (Or, using sharp knife, finely chop kumquats. Place in mixing bowl. Add butter, orange peel, and honey. Whisk until fluffy.)

2. Use immediately or chill for up to 2 days. To serve, stand at room temperature until soft enough to spread. Serve with Cornmeal Skillet Rolls (*page 226*) or other favorite bread. Makes ¾ cup.

Nutrition facts per tablespoon: 84 cal., 8 g total fat (5 g sat. fat), 22 mg chol., 83 mg sodium, 3 g carbo., 1 g fiber, and 0 g pro. Daily Values: 7% vit. A, 8% vit. C, 1% calcium, and 0% iron.

### Spiced Pumpkin Cream

Adorn this fluffy pumpkin dessert with billows of sweetened whipped cream and sugar-glazed pecans.

**Start to finish:** 30 minutes

- 2 Tbsp. butter
- ¼ cup packed brown sugar
- 1 Tbsp. dark-colored corn syrup
- 1½ cups pecan halves
- 1 15 oz. can pumpkin
- 1 cup packed brown sugar
- 1½ tsp. finely shredded orange peel
- 1 Tbsp. dark-colored rum or orange juice



Dense Chocolate Fruit-Nut Torte is studded with a larder full of autumn's harvest Vary the shape of the pan to suit your serving platter.

- 2 tsp. ground cinnamon
- ½ tsp. ground cloves
- 2 cups whipping cream
- Sweetened whipped cream (optional)

1. For candied pecans, line a cookie sheet with foil. Melt butter in a saucepan. Stir in the ¼ cup brown sugar and the corn syrup. Cook and stir over medium heat 2 minutes or until sugar dissolves. Cover pan; cook 1 minute more. Uncover; add pecans. Cook, stirring constantly, about 5 minutes or until nuts are slightly darker. Immediately pour mixture onto cookie sheet. Spread pecans into a single layer. Cool. Break into pieces.

2. In a mixing bowl combine pumpkin, the 1 cup brown sugar, orange peel, rum, cinnamon, and cloves. Stir until sugar dissolves. In a chilled mixing bowl beat whipping cream until soft peaks form. Fold whipped cream into pumpkin mixture. Spoon into large serving bowl. Chill at least 10 minutes or up to three hours before serving.

3. To serve, top with sweetene whipped cream. Sprinkle wit candied pecans. Makes 8 servings.

Make-Ahead Directions: Prepar candied pecans up to 3 days ahead Cool; store in covered container a room temperature.

Nutrition facts per serving: 53 cal., 40 g total fat (17 g sat. fat) 90 mg chol., 73 mg sodium, 45 carbo., 4 g fiber, and 4 g pro. Dail Values: 255% vit. A, 6% vit. C, 11% calcium, and 12% iron.

### Chocolate Fruit-Nut Torte

Brandy Ice Cream Sauce is a fittin finish for this chocolaty cros between a brownie and a fudgy cake

**Prep:** 20 minutes **Bake:** 20 minutes

- 1 cup all-purpose flour
- ½ tsp. ground cinnamon
- ¼ tsp. baking powder
- ⅛ tsp. salt
- ¾ cup snipped dried tart cherries or dried cranberries
- ¾ cup snipped dried apricots
- ½ cup chopped walnuts
- ½ cup butter

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## Happy Thanksgiving

continued from page 230

- 4 oz. unsweetened chocolate, chopped
- 1½ cups sugar
- 1 tsp. vanilla
- 3 eggs
- 1 recipe Brandy Ice Cream Sauce

1. Preheat oven to 350° F. Grease and flour an 11x8-inch tart pan with removable bottom, a 9x9x2-inch square baking pan, or a 9-inch round cake pan. In a mixing bowl combine flour, cinnamon, baking powder, and salt. Stir in cherries, apricots, and walnuts. Set aside.

2. In a saucepan melt the butter and chocolate over low heat. Remove from heat. Add the sugar, stirring until sugar is dissolved. Stir in vanilla. Beat in eggs. Add flour [illegible] and stir until combined. [illegible] in prepared pan.

[illegible] Bake for 20 to 25 minutes (5 minutes longer if using round pan) or until edges are firm and top looks dry. Cool in pan on wire rack 15 minutes. Remove sides of tart pan, or remove torte from square or round pan; cool completely. Wrap in foil. Stand at room temperature or in the refrigerator overnight before serving.

4. To serve, cut torte into thin slices. Spoon Brandy Ice Cream Sauce over each serving. Makes 12 servings.

*Brandy Ice Cream Sauce*: Place one pint vanilla or eggnog ice cream in a mixing bowl. Stir to soften slightly. Stir in 2 Tbsp. brandy, cherry brandy, or bourbon until thick and creamy. Serve immediately with Chocolate Fruit-Nut Torte or return to freezer. Stir frozen sauce to desired consistency before serving.

Nutrition facts per serving: 4[illegible] cal., 24 g total fat (13 g sat. fat), 1[illegible] mg chol., 162 mg sodium, 54[illegible] carbo., 3 g fiber, and 7 g pro. Dai[illegible] Values: 23% vit. A, 0% vit. C, 8[illegible] calcium, and 10% iron.

### Marinated Baby Beets

Oven roasting baby beets enhanc[illegible] their savory sweetness.

**Prep:** 20 minutes **Bake:** 40 minute[illegible]
**Marinate:** 30 minutes

- 2 lb. trimmed red and/or yellow baby beets or small beets (about 3½ lb. untrimmed with tops)
- 2 Tbsp. olive oil
- ¼ tsp. salt
- ¼ tsp. freshly ground pepper
- 1 large orange
- 3 Tbsp. white wine vinegar
- 2 Tbsp. thinly sliced shallots
- 2 tsp. Dijon-style mustard





1. Preheat oven to 425° F. If using small beets, cut into 1- to 1½-inch wedges. Place beets in a single layer in a shallow baking pan. Drizzle with 1 tablespoon of the oil. Toss to coat. Season with salt and pepper; toss again. Cover with foil and roast for 25 minutes. Uncover and roast about 15 minutes more or until fork-tender. Cool; peel the small beets, if using. (Baby beets do not need to be peeled.)

2. Meanwhile, using a small knife or citrus tool remove long shreds of peel from the orange, taking care not to remove the white pith. You should have enough peel to measure 2 tablespoons. Squeeze juice from orange; measure ⅓ cup juice.

3. In a clear glass dish whisk together the ⅓ cup orange juice, remaining 1 tablespoon oil, vinegar, shallots, and mustard. Add beets and orange peel. Toss to mix. Let stand



Beets add a hearty harvest flavor to Thanksgiving's sweeter side dishes.

30 minutes at room temperature or chill up to 8 hours before serving. Makes 8 servings.

Nutrition facts per serving: 90 cal., 4 g total fat (0 g sat. fat), 0 mg chol., 169 mg sodium, 13 g carbo., 3 g fiber, and 2 g pro. Daily Values: 2% vit. A, 22% vit. C, 3% calcium., and 6% iron.

**DECORATE THE HOUSE**

Duplicate the designs from our "Cooking With Kids" story (*pages 236* and *238*) with this **Jumbo Cottage Cutter Set**. You receive the 5½×8-inch tall house cutter—plus seven *bonus* shapes. From R & M International, the set of eight costs $24.95, which includes shipping, handling, and tax. To order, call toll free 800/881-4066 or visit *www.bhgcatalog.com* on the Web.



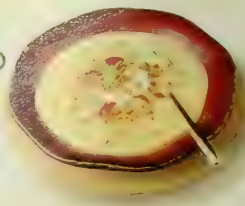




GRAPE-NUTS® INVITES YOU TO THINK OUT OF THE BOWL BOX.

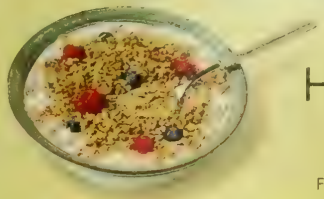
It adds a special crunch to yogurt or to salads.



It's delicious in soup  and makes chicken good and crispy.



That Grape-Nuts crunch. You love it for breakfast.



How about the rest of the day?




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Post BREAKFAST ETC. MADE RIGHT®

by Marge Perry

# New Artichoke Dips

Artichoke Dip gets taken for a spin. Start with the classic recipe and quickstep your way through a medley of top-hit flavors. Just dip, dip, and dip again.





### Classic

Drain and chop two 14-ounce cans artichoke hearts. Stir in 1 cup each regular or light mayonnaise and grated Parmesan cheese. Transfer to 1 quart casserole. Bake, uncovered, in 350° F oven for 25 to 30 minutes or until heated through. Top with Parmesan shards. Makes 3¼ cups.

### Hummus

In a food processor bowl combine on 15-ounce can drained chickpeas, lemo juice, garlic, and salt to taste. Process o blend until smooth. Reduce artichoke to one can; coarsely chop. Reduc mayonnaise and Parmesan cheese t ¼ cup each. Combine all with chickpe mixture; mix well. Bake as directed.



### Salmon

Stir one 7½-ounce can drained, flaked, and cleaned red salmon and 2 ounces softened cream cheese to the Classic recipe. Bake as directed. Top with snipped fresh chives.



### Curry

Substitute equal parts of dairy sour cream and light mayonnaise for the mayonnaise. Reduce Parmesan cheese to ¼ cup. Add 2 teaspoons curry powder. Bake as directed.



### Deviled

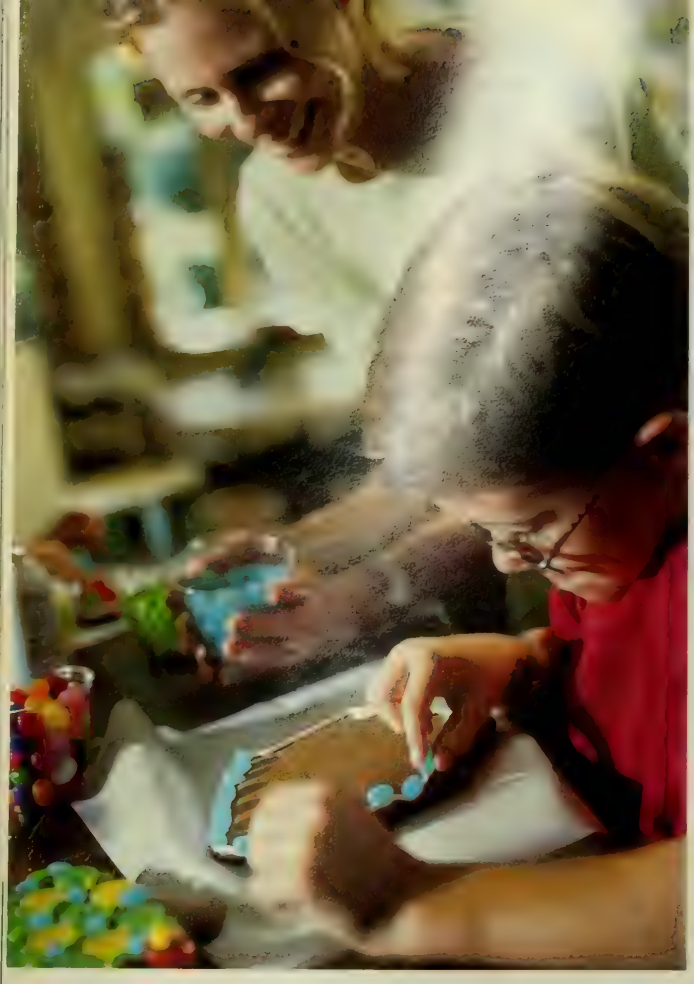
Add 3 coarsely chopped, hard-cooked eggs and 1 tablespoon Dijon-style mustard to the Classic recipe. Mix well. Transfer to a 1½-quart casserole. Bake as directed.



With family size Jell-O® tubs,
it's every man, woman & spoon for himself.




Try our delicious tapioca and fat-free chocolate fudge too. *make some magic*



# Decorating the House

by Nancy Hopkins

You've heard of tree-trimming parties. Why not host a house-trimming party? Gingerbread house, that is. Think of this yummy gathering as a practice session for dolling up your big house. Try a colorful window treatment here; a swag of magical lights there; even a fanciful front door wreath—all of it easy to gobble up and redo if you and the kids don't like the finished look. That's the beauty of our cookie decorating project.

While you're at it, let the kids invite a few friends over to help. The cookie set-up is painless. Just have plain gingerbread cookie houses baked, ready, and waiting for the decorative details. You'll also want to have an assortment of colorful candies, cereals, and ready-made icings on hand. Our four designs get you going with can-do confidence.

continued on page 238





### WINNING HOLIDAY STYLE

**North Pole Workshop:** Dressed in the latest reds and greens for the holidays, this little cottage (*top*) sports lime and cherry gumdrops and shiny lollipop windows.

**Technicolor Palace:** 'Tis a lively house (*bottom*) clad in eye-popping hard-candy rounds, jelly candies, and peanut-butter-filled chocolates. What more can we say?

a. Anything that falls on the floor
b. Anything that falls on the floor
c. Anything that falls on the floor
d. Other





She doesn't have a choice.
You do.

pork
The Other White Meat.

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www.otherwhitemeat.com

# Look Who's Cooking with California Raisins



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## NANCY SILVERTON

LA BREA B BAKERY

How do you bake like Nancy Silverton, one of the best pastry and dessert chefs in the world? "Start with simple, natural ingredients like California raisins and develop your own style from there," she says.



*Join Nancy for a monthly tutorial on her baking techniques at*

**Baking with Nancy Silverton**
**www.calraisins.org**




continued from page 236

**Gingerbread House Cookie**
Prep: 35 minutes **Chill:** 3 hours
**Cook:** 7 minutes

- 1 cup shortening
- 1 cup sugar
- 2 tsp. baking powder
- 2 tsp. ground ginger
- 1 tsp. baking soda
- 1 tsp. ground cinnamon
- 1 tsp. ground cloves
- 1 cup molasses
- 2 eggs
- 2 Tbsp. vinegar
- 5 cups all-purpose flour
- 6 16×12-inch pieces parchment paper
- Purchased canned white frostings
- Assorted purchased candies

1. In a very large mixing bowl beat shortening with an electric mixer on medium to high speed for 30 seconds. Add the sugar, baking powder, ginger, baking soda, cinnamon, and cloves. Beat until combined, scraping bowl.

2. Beat in molasses, eggs, and vinegar until combined. Beat in as much flour as you can with mixer. Stir in remaining flour. Divide dough in thirds. Cover; chill 3 hours.

3. Cut a 16×12-inch piece parchment paper in half crosswise. Place one of parchment halves on pastry cloth. Sprinkle parchment with flour

4. Divide each piece of dough in half (you should have six). Place one piece of dough on parchment; roll to ⅛-inch thick. Using 8×5½-inch cutter, cut into shape. Remove scraps; set aside. Lift dough and parchment; place on cookie sheet.

5. Bake in 375° F oven 7 to 9 minutes or until edges are browned. Slide cookie and parchment onto rack. Cool. Repeat with remaining dough and parchment, gathering cookie scraps together and rerolling.

6. When cool enough to handle, peel cookies from parchment paper. Decorate using frosting to attach candies. Makes 12 cookies.



**Grandma's Thatched-Roof House:** Cereal squares, tiny marshmallows, toffees, and candy rolls lend a woodsy look to this natural-hue house.



**Princess Cottage:** Crunchy pink cookie shingles, fruit-flavored oval jelly candies, and bright gumdrops add magic flavor to a palace fit for royalty.

To order Jumbo Cottage Cutter Set, see *page 233*

For more holiday cookie recipes, visit our Internet site at www.bhg.com/extra

# Look Who's Cooking with California Raisins

## HARLIE TROTTER

CHARLIE TROTTER'S

t Charlie Trotter's we serve
world's most sophisticated
s. But my toughest customer
ıy son, Dylan. That's why I
ok with California raisins.
hey're perfect for adding
ural sweetness and a chewy
ure, whether I'm preparing a
omplex squab dish at the
taurant or Dylan's favorite
asted chicken. I may be a
ous chef, but having fun in
kitchen will always get the
esults. Especially when your
d critic is a nine-year-old."





**CHARLIE TROTTER'S**
*Roasted Amish Chicken with California Golden Raisin Glaze*

*For Charlie Trotter's recipes and suggested uses for California raisins, visit our website,*
***www.calraisins.org***



**CHARLIE TROTTER,** *Chef/Owner, Charlie Trotter's, Chicago*
**FIVE STARS (HIGHEST RATING), 1996 - PRESENT:** *Mobil Travel Guide*
**OUTSTANDING RESTAURANT, 2000:** *The James Beard Foundation*
**BEST RESTAURANT IN THE UNITED STATES, 2000:** *Wine Spectator Magazine*
**FIVE DIAMONDS (HIGHEST RATING), 1993 - PRESENT:** *AAA Travel Guide*

# Win Money and Prizes

## Prize Tested Recipes® (see p

Your original recipe could be worth up to $400 and net you a kitchen full of new appliances. Send your recipes (ones that have never before been published) to our Prize Tested Recipes® contest, which features two new categories each month. Seven months later, we'll publish the four winning recipes.

**One Annual Grand Prize:** [illegible]ces (refrigerator, dishwasher, microwave oven, and range or cooktop/oven; approximate retail value: $5,000)

**Monthly Prizes:** Two $400 winners, Two $200 winners, Ten $50 honor rolls

**June 2002 Categories: Dinnertime Sandwiches:** Hot or cold, vegetarian or meat-packed, sandwich meals can be a lifesaver in a time crunch. Poultry, fish, cheese, vegetables, spreads, or seasonings? On what bread? Kaiser rolls, hoagie buns, baguette loaves, whole grain, focaccia, or pita bread are all welcome.

**Strawberry Sweets:** How do you dress up these summer jewels? Dip 'em, blend 'em, sprinkle 'em with secret ingredients? We'll consider any strawberry dessert or sweet snack, including shortcakes, pies, bars, cookies, and cakes.

**This Month's Winners** — Pages 243 and 244

$400 Winners: Aubrey Corcoran, Beaufort, S.C.; Douglas Wasdyke, Effort, Pa. $200 Winners: Rosemarie Adair, Tallahassee, Fla.; Cynthia Knudsen, Rockford, Mich. $50 Honor Roll Winners: Kristina Allen, Philadelphia, Pa.; Donna Battin, Chickasaw, Ala.; Glenda Ebersole, Shrewsbury, Mass.; Sharon Ellis, Phoenixville, Pa.; Joanne Kandalaft, Rumford, R.I.; Gretchen Kerr, Sierra Vista, Ariz.; Julie Lauritzen, Carlsbad, Calif.; Margaret M. Little, Surprise, Ariz.; Cynthia Litzel, Sanborn, N.Y.; Susan Rekerdres, Dallas, Texas.

**Contest Rules:** NO PURCHASE NECESSARY. 1. The contest is open to legal U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate families. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "Dinnertime Sandwiches" or "Strawberry Sweets." Specify brands and recipe origin. 3. Send recipes by postal mail to: 0206 Food Department, *Better Homes and Gardens®* Magazine, Des Moines, IA 50309-3023. Or, send e-mail entries to: ptr@mdp.com. 4. Entries must be postmarked by November 21, 2001, and received by November 30, 2001. E-mail entries must be posted by 11:59 p.m., EST, November 21, 2001. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit, release, and copyright assignment. The annual grand prize winner will be selected from the year 2002's top winners on or about October 1, 2002, and will be notified by mail. The grand prize winner will choose up to $5,000 worth of GE Profile appliances from a local dealer at the dealer's then-current retail prices. Any applicable sales tax, delivery charges, or additional costs will be included in the $5,000 prize. Cash will not be offered in lieu of prizes. 6. Entries must be your original recipes. No previously published recipes. They will be judged on creativity, taste, and practicality by *BH&G®* editors. Decisions of judges are final. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law. Send a self-addressed stamped envelope to above address to receive winners' list, available six months after entry deadline. 9. Meredith Corporation assumes no responsibilities for entries they are unable to process due to phone, network, electronic, or computer hardware or software failures, or technical failures of any kind. Subject to all U.S. federal, state, and local laws and regulations. Void where prohibited. Taxes on prizes are the responsibility of the winners.

# buying guide

Some of the products shown editoriall[y] in *Better Homes and Gardens®* maga[zine] can be obtained locally. For mor[e] information, contact the manufacturer[s] listed below.

**Pass with Flying Colors**

**Page 23: sconces**—Home Depot; www.homedepot.com **Paint**—Sherwin-Williams; for a store near you call 800/474-3794; www.sherwin-williams.com. **Page 24: halogen lighting,** "Sansa"—IKEA Home Furnishings; 800/434-4532; www.ikea.com. **Frameless poster kit** "Furio"—Target Stores; 800/800-8800; www.target.com. **Page 26: light fixture,** "Roder"—IKEA Home Furnishing 800/434-4532; www.ikea.com.

**1 Bedroom 2 Ways: Body & Soul**

**Page 52: (*top right*): bedside table top and base,** FNTC FNTBW—Worlds Away; 901/529-8844. **Fabric over table bas** "Maurice" (Gold)—Calico Corners; for a catalog call 800/213-6366. **Button pillow sham and sheets**—Ann Gish; 805/49[8]-4447. **Quilted Coverlet**—Ready-to-Bed by Ann Gis[h] 805/498-4447; e-mail: rtb@anngishinc.com. **Fabric behin[d] bed,** "Ivy League" (Sage)—Waverly; 800/423-5881; Web sit[e] www.waverly.com. **Floral fabic duvet and pillow shan** "Anna's Garden"—Waverly; 800/423-5881; Web sit[e] www.waverly.com. **Bed,** "Monterey"—Pottery Barn; 800/92[2]-5507; www.potterybarn.com. (***Bottom left*): Gallery blac desk and Encore chair**—Crate & Barrel; 800/323-546[6] www.crateandbarrel.com. **Pencil post bed,** Millwood Creek-Broyhill Furniture Inds.; for a dealer near you call 800/32[7]-6944. **Tizio lamp on desk**—Artemide, Inc.; for a loc[al] showroom call 631/694-9292. **Pillows on bed and pillow o chair**—Pacifica, Inc.; 503/221-2466. **Chaise,** "Jenna," wit[h] Bellmont (Rhubarb) fabric—Mitchell Gold; 800/789-540[7] www.mitchellgold.com.

**Page 56 (*top left*): baskets hanging on wall**—Pottery Barn 800/922-5507; www.potterybarn.com. **Grasscloth on wa panel and divider,** Imperial's Oriental Impressions—Imperial Home Decor Group, 23645 Mercantile Rd., Clevelan[d] OH 44122; for a retailer near you call 888/608-594[3] www.imperialwallpaper.com.

**Page 58: chair fabric,** 5325, Medford Laurel fabric—Lee Ind[s] 800/892-7150; www.leeindustries.com. **Floral fabric i duvet and pillow shams,** Anna's Garden—Calico Corners; for a catalog call 800/213-6366. **Sheets and button sham coverlet**—Ready-to-Bed by Ann Gish; 805/498-4447; e-mail: rtb@anngishinc.com. **Five drawer dresser,** 542-05 (Green)—Lane Home Furnishings Collection; 800/750-5263. **Be** "Monterey"—Pottery Barn; 800/922-5507; Web site www.potterybarn.com. **Window fabric,** Ivy League (Sage)—Waverly; 800/423-5881; www.waverly.com.

**Page 60 (*top left*): floral fabric,** Anna's Garden—Calico Corners; for a catalog call 800/213-6366. (***Top right*): Satur adjustable lamp,** 466-662—Crate & Barrel; 800/323-546[6] www.crateandbarrel.com. **Chair and ottoman,** 5077, fabric Mattie Mint—Lee Ind.; 800/892-7150; www.leeindustries.com **Throw on ottoman,** ACRT BEI-JEW—Textillery Weaver[s] 800/223-7673; e-mail: custserve@textillery.com.

**Upholstery Fabrics**

**Pages 64-74: all products below**—Calico Corners; for a catalog call 800/213-6366.

**Page 64: Victoria's chair,** Ralph Lauren fabric, "Feather Be Floral." **Fabric swatches as numbered,** 1) "Garden Eden" (Camelia); 2) P. Kaufman, "Diva" (Poppy); 3) "Elke" 4) Ralph Lauren, "Hamptos Square."

**Page 66: Stanton's chair,** fabric, "Jumpseat Stripe"; **fabric swatches as numbered,** 1) "Grofton" (Amber); 2) "Morri Document"; 3) P. Kaufman, "Jungle" (Congo); 4) "Askar (Nutmeg).

**Page 70: Garbo chair, fabric,** "Southfield Floral." **Fabric swatches as numbered,** 1) Martha Stewart Home, "Norfol Rose"; 2) "Glazed Mintis" (Straw); 3) P. Kaufman, "Rem sen" (Orchid); 4) "Miridoer" (Geranium).

**Page 74: Mary's Wing chair,** fabric, "Medallion Damask" **fabric swatches as numbered,** 1) "Garden Toile Har (Crimson); 2) "Windowpane Plaid"; 3) "Bogart" (Paprika 4) "Tavira" (Multi).

**Parent-Pampering Baths**

**Pages 77-78: sinks**—Kohler Co.; 800/456-4537; Web site www.kohlerco.com. **Faucets, shower fixtures**—Newport Brass, 320 E. Alton Ave., Santa Ana, CA 92707; 714/436-0805 **Towel racks**—Architectural Ironworks, 12 Bisbee Ct., Santa Fe, NM 87505; 505/438-1864 **Lights**—Restoration Hardware 888/243-9720; www.restorationhardware.com. **Taup towels,** "Polo"—Ralph Lauren Home, 1185 Ave. of the Americas, New York, NY 10036; 800/578-7656. **Aqua towels rug**—Pier 1 Imports; 800/245-4595; www.pier1.com. **Chrom bath accessories, brushes**—Strouds, 800 787 683 www.strouds.com **Countertops** (White Field Tile), **tu** (Crushed Limestone); **custom window over tub, windo treatment, custom skylight**—no sources. **Paint** (Coffee) Sinclair, through ICI Dulux Paint Centers; for store location call 800/984-5444, option 1; www.icipaintstores.com

**Pages 80-83, tile floor/walls,** "Jaspa" (White and Lilac)—Uni ed Tile, 3001 E. Valley Rd., Renton, WA 98055; 425/251-5290

continued on page 27

Family Food Ideas

FFI

## SBURY
## ond Fruit
## cent Coffee Cake

KE:
ground almonds
sugar
p. Pillsbury BEST® All Purpose Flour
p. margarine or butter, softened
grated lemon peel
almond extract
mixed candied fruit
oz.) cans Pillsbury® Refrigerated
scent Dinner Rolls

powdered sugar
almond extract
tsp. milk

p. sliced almonds

oven to 375°F. In a medium bowl
ground almonds, sugar, flour, margarine,
eel, and ¼ teaspoon almond extract; blend
in candied fruit.
ll dough; separate into 16 triangles.
about 1 tablespoon almond mixture on
ngle. Starting with shortest side of triangle,
ly to opposite point. Place 9 rolls, point
n, in spoke fashion in an ungreased 9-inch
Place remaining 7 rolls, point side down,
dge of pan.
at 375°F for 20 to 30 minutes or until
den brown and center is no longer doughy.
from oven; let stand 5 minutes. Remove
n.
small bowl blend all glaze ingredients,
nough milk for desired drizzling
ncy. Drizzle over warm coffee cake.
with sliced almonds. Serve warm.
*es 16 servings*

## BEATERS®
## akfast Burritos

ge tomato, diced
EGG BEATERS®
dium potato, peeled and shredded
out 1 cup)
chopped onion
ground black pepper
shredded reduced-fat cheddar cheese
Fleischmann's Margarine
finely chopped basil or
tsp. dried basil leaves)
inch) flour tortillas, warmed

small bowl combine tomato and basil.
large nonstick skillet over medium heat,
tato and onion in margarine until tender.
g Beaters® into skillet; sprinkle with pepper.
irring occasionally until mixture is set.
de egg mixture evenly between tortillas.
h cheese. Fold tortillas over egg mixture.
h tomato/basil mixture.
*es 4 servings*

## Roast Pork Tenderloin With Cherry-Cranberry Glaze

- 2 whole pork tenderloins (a total of about 1½–2 pounds)
- 1 16-oz. can unsweetened tart cherries
- Cherry-flavored juice
- 4 tsp. cornstarch
- ¼ cup brown sugar
- ½ cup dried cranberries
- 1 tsp. yellow mustard

Heat oven to 425°F. Season pork tenderloins with salt and pepper. Roast in shallow roasting pan for 20–25 minutes, until internal temperature (measured with a meat thermometer) reads 155°–160°F.

Pour glaze evenly over tenderloins during last 10 minutes of roasting time. Serve tenderloins sliced.

**Glaze:** Drain cherries, reserving juice. Add enough cherry-flavored juice to make one cup. In a small bowl stir cornstarch into two tablespoons juice. In a small saucepan combine cornstarch mixture with remaining juice, cherries, brown sugar, and cranberries. Cook, stirring, until mixture boils and thickens; stir in mustard.

*Makes 4–6 servings*

## TASTER'S CHOICE Mocha Chip Cookies

- 1½ cups all-purpose flour
- 4 tsp. NESTLÉ® TOLL HOUSE® Baking Cocoa
- ½ tsp. baking soda
- ¼ tsp. salt
- ½ cup (1 stick) butter or margarine, softened
- ½ cup packed brown sugar
- ¼ cup granulated sugar
- 1 large egg
- 1 tsp. vanilla extract
- 5 Tbsp. TASTER'S CHOICE® 100% Pure Instant Coffee
- 2 Tbsp. warm water
- 1 cup NESTLÉ® TOLL HOUSE® Semi-Sweet Chocolate Morsels

Preheat oven to 350°F. Lightly grease baking sheets.

Combine flour, cocoa, baking soda, and salt in a small bowl. Beat butter, brown sugar, and granulated sugar in a large mixer bowl until light and creamy. Beat in egg and vanilla extract.

Combine Taster's Choice® and water in small bowl; stir until coffee is dissolved. Add to sugar mixture; mix well. Gradually mix in flour mixture. Stir in morsels. Drop by rounded teaspoon onto prepared baking sheets.

Bake for 10 to 12 minutes or until edges are crisp. Remove to wire racks to cool completely.

*Makes about 4 dozen cookies*

ee PILLSBURY ad on page 254 | See EGG BEATERS ad on page 251 | See National Pork Council ad on page 237


### *Better Homes and Gardens*® Holiday Shopping Spree Sweepstakes

NO PURCHASE NECESSARY TO ENTER OR WIN.
A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING.

Enter the sweepstakes electronically through www.bhg.com/contest by completing the official online entry form. There is no cost to register. Sweepstakes begins October 1, 2001. Entries must be received by 11:59 p.m. EST, Friday, November 16, 2001. Open to legal residents of the U.S., who are 18 years of age or older, except employees of Meredith Corporation, its agents, affiliates, subsidiaries, and members of their immediate families or persons residing in the same household. Open only to entrants who have Internet access prior to October 1, 2001.

Only one entry per household or e-mail address is allowed. In the event of a dispute, entry will be deemed made by the holder of an established e-mail account associated with the entry. Meredith Corporation assumes no responsibility for entries they are unable to process due to network, hardware, or other technical failures; or incomplete, damaged, misdirected, illegible, or lost entries. Meredith Corporation reserves the right, in its sole discretion, to cancel sweepstakes if it becomes technically corrupted or because of non-authorized human intervention. In the event of cancellation, Meredith Corporation reserves the right to award the prizes to eligible, non-suspect entries received prior to date of cancellation. The use of automated entry devices or any other conduct which impedes the integrity of the sweepstakes is prohibited.

On or about Monday, November 19, 2001, a random drawing from among all eligible entries received will be conducted under the supervision of Meredith Corporation. Meredith Corporation will attempt to reach the selected potential winner via phone and/or e-mail, as provided in the entry. Messages will not be left on voice mail or answering systems. If the potential winner does not respond to the e-mail within 24 hours of first notification or is not available via telephone, within 24 hours of selection, that potential winner is disqualified and another entry will be selected in a second random drawing. This process will be repeated until a winner is reached. The winner must provide the names and addresses of up to 20 individuals on the winner's holiday shopping list, and may provide suggested gift items. Decisions of judges are final and binding in all respects. Entrants agree to be bound by the Official Rules. The awarding of any prize is contingent upon full compliance with the Official Rules.

**Prizes**: **(1) Grand Prize**: A *Better Homes and Gardens*® personal shopper will shop online for up to 20 individuals on the winner's holiday gift list, spending up to a total of $5,000.00, including gifts, taxes, shipping and handling, and any other charges resulting from the purchase. Winner will be notified by telephone or e-mail of the final selections, and the holiday gifts will be delivered to the winner or the intended gift recipient on or about December 10, 2001. No prize transfers or substitutions or cash in lieu of prize are allowed. Sponsor not responsible for fulfilling every gift request or for delays in shipment. **(50) Second Prizes**: "*Better Homes and Gardens*® Holiday Inspirations" book, approximate retail value of $29.95, will be awarded by random drawing from among all eligible entries and mailed to 50 winners on or before December 1, 2001.

Odds of winning depend upon the number of eligible entries received. Estimated circulation of this offer: 7.6 million.

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# $400 winner Crab and Swiss Strata

Aubrey Corcoran, Beaufort, S.C.,
in the Holiday Breakfasts Category, November 2001

- 6 English muffins, split
- 3 Tbsp. butter, softened
- 2 6½-oz. cans crabmeat, drained, flaked, cartilage removed, or 12 oz. frozen cooked crabmeat, thawed
- ¾ cup shredded Swiss cheese (3 oz.)
- ¾ cup shredded cheddar cheese
- 2 Tbsp. capers, drained
- ½ cup finely chopped onion
- 1 Tbsp. butter
- ¼ cup dry sherry
- ½ tsp. Worcestershire sauce
- 6 eggs, beaten
- 1 cup milk
- 1 Tbsp. Dijon-style mustard
- 1 Tbsp. snipped fresh parsley

Spread English muffin halves with the 3 tablespoons butter. Line a greased 2-quart rectangular baking dish with half the muffins, buttered side up. In a medium bowl combine crabmeat and cheeses. Layer crab mixture over muffins in dish; sprinkle with capers. Top with remaining muffins, buttered side up. In a large skillet cook onion in the 1 tablespoon butter over medium heat for 5 minutes or until tender. Stir in sherry and Worcestershire sauce. Bring just to boiling; remove from heat. In a medium bowl combine eggs, milk, mustard, parsley, dash *salt*, and dash *pepper*. Stir in onion mixture. Carefully pour over layers in baking dish. Press muffins lightly with back of a large spoon to moisten muffins on top. Cover; chill overnight. Preheat oven to 350° F. Bake, uncovered, for 50 minutes or until muffins are browned and a knife inserted near center

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# $400 winner Choco Bread Pudding

Douglas Wasdyke, Effort, Pa.,
in the Surefire Potluck Dishes Category, November 2001

- 12 oz. challah bread, cut into 1-inch cubes (about 9 cups)
- 1½ cups miniature semisweet chocolate pieces
- 4 eggs, beaten
- 3 cups half-and-half or light cream
- 1 cup packed brown sugar
- ¾ tsp. ground cinnamon
- 1 cup chopped pecans
- ½ cup packed brown sugar
- 1 Tbsp. cornstarch
- ⅓ cup half-and-half or light cream
- ¼ cup water
- 2 Tbsp. light-colored corn syrup
- 1 Tbsp. butter
- ½ tsp. vanilla

Preheat oven to 350° F. In a large mixing bowl combine bread cubes and chocolate pieces. Transfer to a lightly greased 3-quart rectangular baking dish; set aside. In a medium bowl stir together eggs, the 3 cups cream, 1 cup brown sugar, the cinnamon, and dash *salt*. Slowly pour over bread. Press bread lightly with back of a large spoon to moisten bread completely. Sprinkle with pecans. Bake, uncovered, 40 to 45 minutes or until egg mixture is set. (To make ahead, cover; chill up to 24 hours. Bake as directed.)

Meanwhile, for sauce, in a small heavy saucepan combine the ½ cup brown sugar and the cornstarch. Stir in the ⅓ cup cream, the water, and corn syrup. Cook and stir until thickened and bubbly (mixture may appear curdled at first). Cook and stir for 2 minutes more. Remove saucepan from heat; stir in butter and vanilla. Pour sauce over hot bread



see page 240 for details

# $200 winner Fruit and Broccoli Salad

Rosemarie Adair, Tallahassee, Fla.,
in the Surefire Potluck Dishes Category, November 2001

- 1 16-oz. pkg. shredded broccoli (broccoli slaw mix)
- 2 cups seedless red and/or green grapes, halved
- 2 medium apples, cored and chopped
- ⅔ cup bottled citrus salad dressing (such as tangerine vinaigrette)
- 1 cup coarsely chopped pecans or walnuts, toasted if desired*

In a very large bowl combine shredded broccoli, grapes, and apples. Up to 1 hour before serving, pour salad dressing over broccoli mixture; toss to coat. Cover and chill. Transfer to a serving bowl. Sprinkle with nuts; toss again. Makes 12 to 16 servings.

*To toast nuts: Preheat oven to 350° F. Spread nuts in a single layer in a shallow baking pan. Bake 5 to 10 minutes or until light golden brown, stirring once or twice.

Nutrition facts per serving: 219 cal., 15 g total fat (2 g sat. fat), 6 mg chol., 131 mg sodium, 21 g carbo., 2 g fiber, and 3 g pro. Daily Values: 8% vit. A, 32% vit. C, 3% calcium, and 5% iron.



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# $200 winner Baked Oatmeal

Cynthia Knudsen, Rockford, Mich.,
in the Holiday Breakfasts Category, November 2001

- 2½ cups regular rolled oats
- ¼ cup oat bran
- ¼ cup steel-cut oats
- 2 tsp. baking powder
- ½ tsp. salt
- ½ tsp. ground cinnamon
- 2 cups milk
- 1 egg, beaten
- ⅓ cup applesauce
- ¼ cup cooking oil
- ¼ cup granulated sugar
- ¼ cup packed brown sugar
- 2 cups fresh fruit (such as blueberries; peeled, cored, and chopped pears or apples; or chopped strawberries)
- Plain or vanilla low-fat yogurt, milk, or cream

Preheat oven to 400° F. In a large mixing bowl stir together rolled oats, oat bran, steel-cut oats, baking powder, salt, and cinnamon; set aside. In a medium bowl stir together milk, egg, applesauce, oil, and sugars; add to oat mixture, stirring until combined. Turn into a lightly greased 2-quart soufflé dish or casserole. Bake, uncovered, for 20 minutes. Stir mixture. Gently fold in fruit. Bake, uncovered, for 20 minutes more or until top is lightly browned. Spoon into bowls. Serve with yogurt, milk, or cream. Serves 6 to 8.

Nutrition facts per serving without topping: 431 cal., 15 g total fat (3 g sat. fat), 42 mg chol., 387 mg sodium, 66 g carbo., 7 g fiber, and 12 g pro. Daily Values: 5% vit. A, 12% vit. C, 22% calcium, and 12% iron.

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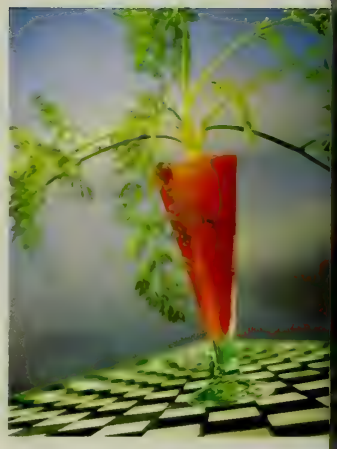
Informal caregivers—family members and friends who look after people who are chronically ill, disabled, or elderly—are the unsung heroes of health care. These individuals render assistance and emotional support in more than 22 million households nationwide, according to the National Parkinson Foundation.



About one-quarter of adults in the United States have been informal caregivers of family members or friends in the last year.

If you know someone who has taken on this role, which can be physically and mentally draining, show your support, says Suzanne Mintz, of the National Family Caregivers Association. Help out by offering to take over a daily or weekly chore, such as mowing the lawn, grocery shopping, running errands, or paying bills. Give a caregiver a well-deserved break. Take him to dinner and a movie, or stay with her loved one so she can have a night off.

For more information, contact: National Family Caregivers Association, 800/896-3650, www.nfcacares.org; National Parkinson Foundation, 800/327-4545, www.parkinsonscare.com; Family Caregiver Alliance, 415/434-3388, www.caregiver.org; or Center for Family Caregivers, 847/823-0639, www.familycaregivers.org.



## LOVE CARROTS? THANK YOUR MOM

Your mother probably passed the ta for certain foods down to you dur pregnancy, a study in the medi journal *Pediatrics* suggests.

Infants may develop a taste for c tain foods long before eating them, researchers say. That's because flav from the foods, spices, and bevera in a mother's diet are transmitted to baby via amniotic fluid. Infants a experience flavors in breast milk.

The study included 44 pregn women, who drank either carrot juic water for three weeks during their fi trimester and during the first t months of breastfeeding. Infants w were exposed to the flavor of carr during their mother's pregnancy during breastfeeding responded m favorably to cereal prepared with ca juice than did the children wh mothers drank only water.

Crunch a carrot! It's rich in vitami A, which plays a key role in vision bone growth, an reproduction.

continued on page

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## Cancer-Fighting Dru s with Promise




The can fighting drug Gleevec, which perform in ear against chronic myelogenous leukemia, is being tested for its effectiveness against other cancers.

A new drug is making accurate strikes against chronic myelogenous leukemia (CML). Its success has opened a pathway for research that should result in more drugs of this type, says David Scheinberg, M.D., a leukemia specialist at Sloan-Kettering Cancer Center in New York.

About 4,500 Americans have CML, which causes too many white blood cells to be made in the bone marrow, the spongy tissue inside the large bones in the body.

The medication, Gleevec, represents a new class of drug that targets and shuts down a specific enzyme within a cancer cell, leaving the surrounding healthy tissue untouched, according to Scheinberg. In one early clinical trial, 53 of 54 CML patients who took Gleevec saw complete remission of the disease, according to the National Cancer Institute.

Prior to Gleevec, CML patients' only known cure was bone marrow transplant. Such an intervention is costly, potentially life-threatening, and available to only 20 percent of those who carry the disease because of factors such as age and lack of bone marrow donors, Scheinberg says.

The best results against CML are seen in patients who start taking Gleevec in the early phase of the disease.

Does Gleevec cure the disease or just control it? What are the long-term effects of taking the drug? "We won't have answers to these questions for at least three to five years," says the doctor.

*—by Andy Demsky*

## Could You Repeat That?

Your child may not be ignoring you. The problem may be that he can't hear you. In fact, an estimated 5.2 million children, ages 6 to 19, may have some degree of noise-related hearing loss, according to the Centers for Disease Control and Prevention.

Researchers used results of a six-year, nationally representative survey of 5,249 youth to estimate that 12.5 percent of young Americans may have noise-induced hearing problems. For as many as 4.9 percent, the hearing loss



may be moderate to profound. Some of this damage may be permanent.

CDC researcher Amanda Niskar says as little as four hours on a motorcycle, two hours of listening to loud stereo headphones, or seven minutes at a loud rock concert may cause hearing damage. She says children should use earplugs to protect their ears during noisy activities.

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pastry for 9-inch pie
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3 eggs
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4 teaspoons pie spice
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/4 teaspoon ground nutmeg
1/8 teaspoon ground cloves

Roll pastry on floured surface to circle 1 inch larger than inverted pie pan. Ease pastry into pan. Trim and flute edge. Beat pumpkin, evaporated milk and eggs. Mix in Equal and remaining ingredients. Pour into pastry-lined pan. Bake at 425° for 15 minutes. Reduce heat to 350° and bake until knife inserted near center comes out clean, about 40 minutes. Cool on wire rack. Makes 8 servings.

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# Choosing Sides

**Like old friends,** favorite side dishes add warmth and comfort to your Thanksgiving table. Although the turkey is the centerpiece, a few bowls piled high with vegetables might also trigger fond memories.

And, of course, there's the nutritional benefit. Yams and sweet potatoes, for example, contain beta-carotene, shown to have protective effects against cancer. Women who eat foods high in beta-carotene throughout their lives may have a lower rate of breast cancer after menopause, according to researchers at the Centers for Disease Control in Atlanta.

### ONE-DISH BONUSES

- Here's a surprise: Sweet potatoes are ready in less than 20 minutes when you slice and saute them in a skillet.
- Dried cranberries can be tossed in the pan without precooking them, which is often a necessary step for fresh cranberries.
- Plus, there are vitamins galore and no saturated fat. Just take a peek at the nutrition facts included for Sweet Potato and Cranberry Sauté (*left*) and Brussels Sprouts with Lemon Sauce (*page 252*).

Brussels sprouts contain plant chemicals called indoles, which also may reduce the incidence of breast cancer. The slight odor released from over-cooked sprouts comes from sulfides, which may reduce low-density lipoprotein cholesterol (LDL or the "bad cholesterol").

**A light touch**

Vegetables are only as nutritious—and scrump-tious—as your preparation techniques. The Sweet Potato and Cranberry Sauté (see recipe, *page 252*) uses apple juice, not butter, for cooking. The splash of maple syrup provides just a hint of sweetness, showcasing rather than overpowering the vegetable's full flavor.

The brussels sprouts are cooked in water only long enough to bring out their vibrant green color, then coated with a lively lemon-dill sauce.

As a bonus, each of these side dishes cooks in less than 20 minutes on the stovetop, freeing your oven for the turkey.

continued on page 252




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**Brussels Sprouts with Lemon Sauce**
**Start to finish:** 20 minutes

- 3 cups brussels sprouts (12 oz.)
- ¾ cup chicken broth
- 1 tsp. butter
- 1 clove garlic, minced
- 2 Tbsp. chicken broth
- 1½ tsp. cornstarch
- ½ tsp. finely shredded lemon peel
- 1 Tbsp. lemon juice
- ⅛ tsp. pepper
- 2 tsp. snipped fresh dill weed

1. Trim stems of brussels sprouts and remove any of the wilted outer leaves.

2. In a medium saucepan combine brussels sprouts, the ¾ cup broth, butter, and garlic. Bring to boiling; reduce heat. Simmer, covered, for 7 to 10 minutes or until brussels sprouts are crisp-tender. Using a slotted spoon, transfer sprouts to a serving bowl. Keep warm.

3. Meanwhile, in a small bowl combine the 2 tablespoons chicken broth, the cornstarch, lemon peel, lemon juice, and pepper. Gradually add lemon mixture to hot broth in saucepan. Cook and stir over medium heat until mixture is thickened and bubbly. Cook and stir for 2 minutes more. Stir in fresh dill weed.

4. Pour lemon sauce over brussels sprouts. Makes 6 side-dish servings.

Nutrition facts per serving: 39 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 167 mg sodium, 6 g carbo., 2 g fiber, and 2 g pro. Daily Values: 5% vit. A, 63% vit. C, 2% calcium, and 4% iron.

**Sweet Potato and Cranberry Sauté**
**Prep:** 10 minutes **Cook:** 18 minutes

- ¾ cup apple juice
- 1 lb. sweet potatoes, peeled and sliced ¼ inch thick (about 3 cups)
- 1 medium cooking apple, coarsely chopped (about 1 cup)
- ⅛ cup dried cranberries
- 2 Tbsp. maple syrup or maple-flavored syrup
- 2 Tbsp. rum (optional)
- ¼ tsp. salt
- 2 Tbsp. chopped toasted hazelnuts or walnuts
- Fresh tarragon sprig (optional)

1. In a 10-inch skillet heat apple juice. Add sweet potato slices, spreading evenly. Cook, covered, over low heat for 12 minutes or until potatoes are nearly tender. Stir in apple, cranberries, maple syrup, rum (if desired), and salt. Cook, covered, over low heat for 3 to 4 minutes more or until apple is just tender.

2. Uncover; boil gently for 3 to 4 minutes more or until liquid is syrupy. Place in serving bowl. Sprinkle with nuts. Top with a tarragon sprig, if desired. Makes 4 side-dish servings.

Nutrition facts per serving: 230 cal., 3 g total fat (0 g sat. fat), 0 mg chol., 161 mg sodium, 50 g carbo., 5 g fiber, and 2 g pro. Daily Values: 180% vit. A, 30% vit. C, 4% calcium, and 7% iron.

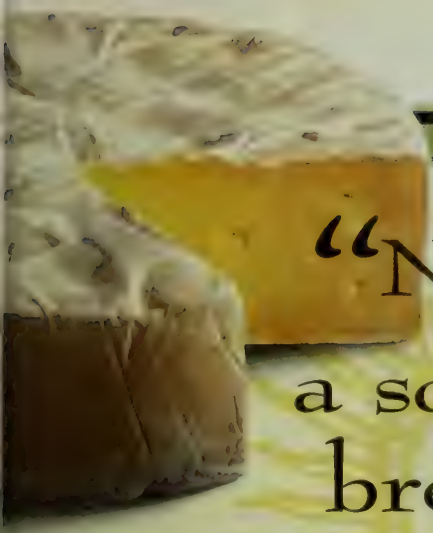
### BOOSTING FLAVOR

There's a secret or two to creating awesome vegetables full of fresh flavor.

The first: Let them take center stage. The veggies' natural sweetness and great taste are spotlighted when you avoid covering them in gloppy sauces.

The second: Cook them just until crisp-tender, to prevent creating a mound of mush.

Both secrets are used in Sweet Potato and Cranberry Sauté, and Brussels Sprouts with Lemon Sauce. Each is a one-pan dish that cooks in less than 20 minutes



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There's no denying it: Eating a moist, tender chocolate doughnut is an act of selfish indulgence. But oh, how sweet it is!

# Step-by-Step Doughnuts

**Double-Glazed Devil's Food Doughnuts**
**Prep:** 30 minutes **Chill:** 2 hours
**Fry:** 2 minutes per batch

- 2½ cups all-purpose flour
- 1 cup unsweetened cocoa powder
- 1 Tbsp. baking powder
- ¼ tsp. salt
- 2 eggs
- 1¼ cups granulated sugar
- ⅔ cup milk
- 2 Tbsp. shortening, melted
- 1 tsp. vanilla
- Shortening or cooking oil for deep-fat frying
- 1 recipe Chocolate Glaze
- 1 recipe Cocoa Icing
- Sifted powdered sugar (optional)

1. In a large mixing bowl combine flour, cocoa, baking powder, and salt; set aside. In another mixing bowl combine eggs and granulated sugar; beat at medium speed for 2 minutes or until thick. In another bowl, stir together milk, shortening, and vanilla.

2. Add flour mixture and milk mixture alternately to egg mixture, beating at low speed after each addition until just combined. Stir in remaining flour mixture by hand. Cover and chill dough for 2 hours.

3. On a lightly floured surface roll dough ½-inch thickness. Cut dough with a flour 2½-inch doughnut cutter, dipping cutter into flo between cuts. Reroll dough as necessary.

4. Fry 2 or 3 doughnuts in deep, hot shorteni or cooking oil (375° F) for about 1 minute ea side, turning once. Remove with slotted spoo Drain on wire rack covered with paper towe Repeat with remaining dough.

5. Dip the tops of warm doughnuts in Chocol Glaze. Or, if desired, place cooled glazed doughn on waxed paper and drizzle with Cocoa Icing. dust plain doughnuts with powdered sugar. Mak 12 doughnuts and "holes."

Chocolate Glaze: In a saucepan melt 3 ounc unsweetened chocolate and 3 tablespoo margarine or butter over low heat. Remove fr heat. Stir in 3 cups sifted powdered sugar a 1½ teaspoons vanilla. Stir in 3 to 4 tablespoo warm water until glaze coats back of spoon.

Cocoa Icing: In a small bowl stir togeth 1½ cups sifted powdered sugar, 1 tablespo unsweetened cocoa powder, and 4 teaspoons so ened margarine or butter. Stir in 2 to 3 tablespoo warm water until icing is of drizzling consisten

Nutrition facts per glazed doughnut and "hol 377 cal., 13 g total fat (4 g sat. fat), 41 mg chol., 1 mg sodium, 61 g carbo., 1 g fiber, 6 g pro. Daily V ues: 4% vit. A, 0% vit. C, 16% calcium, 17% iron.







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**Rustic Butternut Squash:** Onion and rosemary give butternut squash a warm, woodsy fragrance. Saute thin onion wedges in 1 tablespoon margarine or butter for 3 to 5 minutes; add cooked squash. Stir in snipped fresh rosemary and cook 5 minutes more.

# Butternut Squash, Three Ways

Butternut squash gets gussied up. Finish the basic preparation for this versatile favorite with one of our amenable endings. Start with a peeled, 1 pound squash; halve lengthwise. Remove seeds. Cut halves into ½-inch slices. Cook in boiling, lightly salted water 8 to 10 minutes or until tender; drain. Makes 4 servings.





**Bacon 'n' Blue Butternut:** Savory and satisfying. Cook prepared squash slices in 1 tablespoon margarine or butter for 4 minutes. Stir in crumbled crisp-cooked bacon and crumbled blue cheese; cook 1 minute more.

**Butternut Brunch:** The lazy flavors of maple and hazelnut create a cozy Sunday morning side dish. Cook prepared squash slices in 1 tablespoon margarine or butter for 4 minutes. Stir in hazelnuts and maple syrup to coat; cook 1 minute more.




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# Nutty and Good

You'd be forgiven if you thought that making candied nuts was a trade secret, the exclusive domain of professional kitchens. Candied nuts can give that impression. Glossy and brittle, they have a polished look and snappy good sweetness that suggests only those with cooking school degrees need apply.

Truth is, they're a breeze to make. Any nut can be candied; in fact, the more varieties the merrier.

**Basic Candied Nut Blend**
**Start to finish:** 22 minutes

- ½ cup whole blanched almonds
- ½ cup pecan halves
- ½ cup walnut halves
- 1 cup sugar
- 2 Tbsp. butter
- ½ tsp. vanilla

1. Preheat oven to 350° F. Lightly grease a 15×10×1-inch baking pan; set aside on a heat-proof surface. Spread almonds, pecans, and walnuts in an ungreased shallow baking pan. Toast nuts in the oven for 7 to 8 minutes or until light golden brown.

2. Meanwhile, sprinkle sug evenly in a heavy 10-inch skille Place over medium-high heat, ge tly shaking skillet occasionally t heat sugar evenly. Do not stir at th point. When sugar begins to me around edges, reduce heat t medium-low. Carefully add butt and vanilla to skillet. Stir int melting sugar with a long-handle wooden spoon (mixture will bubb up). Continue to cook and stir unt a golden brown syrup forms, abou 1 to 2 minutes.

3. Remove toasted nuts from th oven. Immediately add them t the sugar mixture stirring until a nuts are coated. Immediately pou mixture onto the greased bakin pan; quickly spread nuts out a much as possible with the woode spoon. Cool thoroughly. Break int clusters. Makes about 14 ounce (16 servings).

Nutrition facts per servin 135 cal., 9 g total fat (2 g sat. fat 4 mg chol., 16 mg sodium, 14 carbo., 1 g fiber, and 2 g pro. Dail Values: 1% vit. A, 0% vit. C 2% calcium, and 2% iron.

## CRUNCHY TIDBITS

Traditionally, candied nut clusters are sprinkled on desserts for a finishing touch. Here are more options for our nutty blend.



- Break off individual nuts and arrange a row around the outside of any frosted cake or cheesecake. Or, break into wedges and stand them up on slices of cake or on cupcakes.



- Stir small clusters of the candied nuts into favorite dips and spreads.
- Sprinkle the nuts over salads. Greens topped with goat cheese and balsamic vinaigrette taste especially good.

by Ken Haedrich






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**Challenge Butter Gingerbread Cookies**

1 cup (2 sticks) Challenge Butter
1 cup sugar
1 tablespoon ginger
2 teaspoons cinnamon
1 teaspoon cloves
1/2 cup each: water, dark corn syrup
4 cups all-purpose flour
1 1/2 teaspoons baking soda
1/4 teaspoon salt
Colored icing

Combine sugar, spices, water and corn syrup in small saucepan. Bring to boil, stirring constantly. Remove from heat and pour over butter in large mixing bowl. Stir until butter melts; cool to lukewarm. Combine flour, baking soda and salt. Add in butter mixture; mix well. Cover and refrigerate dough overnight. Preheat oven to 375°F. Roll dough on lightly floured surface to 1/8-inch thickness. Cut with floured gingerbread people cutters. Bake on unbuttered cookie sheet 12 to 15 minutes or until golden. Cool completely on wire racks; decorate as desired with icing. **Yields 3 dozen 6-inch cookies.**

For other delicious cookie and holiday recipes visit www.challengedairy.com




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figures. You spent two hours
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BH&G kids®

Create whimsical holiday crafts, such as an elf with tinkling toes or a Snow Fairy to dance on evergreen boughs. Or turn to tradition by making ornaments for your Nativity rendition.



# holiday countdown

continued on page 256

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## Tinkle-Toe Elf



**What you need:** White chenille stems ■ Green chenille stem ■ Two ½-inch gold bells ■ 1¼×1³⁄₁₆-inch wood ball knob ■ White acrylic paint and paintbrush (optional) ■ Colored pencils ■ 4-inch green paper square ■ 7-inch red paper square ■ Hole punch, thin white cording, and craft glue

1. Bend one white stem in half. Twist folded end to create a 1¼-inch neck. Bend arms. Fold ends to make hands. 2. Bend green stem in half. Bend ends to make shoes, and tie bells on tips. 3. Cut a white stem in half. Bend a piece in half to create torso. Attach ends to shoulders. Slip legs through bottom loop. 4. Cut tunic from folded red paper. Punch a hole in each side. Slip tunic over the neck. Thread holes with cording and tie in front. Form green paper into a cone-shaped hat, taping it together. 5. Paint knob. Add face with pencils or paint. Glue knob to neck. 6. For hair, cut twenty 3-inch strands of yarn. Tie together with yarn. Glue to head. Glue hat on head.

## Dancing Snow Fairy



**What you need:** 3 white chenille stems ■ 4 pony beads, 2 small beads ■ 5 pink chenille stems ■ Three 6×10-inch lengths of pink netting ■ Craft glue ■ Thirty-five 14-inch pieces of thin yarn ■ 1¼-inch plastic foam ball ■ Two 4-inch round paper doilies

1. Bend a white stem in half for torso. Twist ends to create 1¼-inch neck. 2. Attach center of another white stem to the bottom of the neck; bend to create shoulders and arms, using pony beads at joints. 3. Bend a white stem in half to create legs. Slip into torso's bottom loop. 4. Wrap four pink stems around torso for leotard. Cut remaining pink stem in half. Layer the netting. Bunch it together in the center. Twist a pink stem around the center of the netting. Wrap ends around the torso. 5. For slippers, cut and wrap short pieces of pink stem around each foot. 6. Glue yarn to foam ball, pushing threads into head with a pin. Let dry. Push head onto neck. Secure with glue. Trim bangs. Gather hair in back of head. Tie in ponytail. Use glue to hold hair in a bun. Push eye beads into head. Secure with glue. 7. Fold doilies in half for wings. Glue to back of leotard.

continued on page 258

IT'S EASY TO MAKE KELLOGG'S RICE KRISPIES PRESENT TREATS.

2 tablespoons margarine or butter
1 package (10 oz. [about 40]) marshmallows or 4 cups miniature marshmallows
6 cups Kellogg's® Rice Krispies® cereal
Candies, fruit-flavored candy strips, string licorice, candy sprinkles

1. In a large microwave-safe bowl, melt margarine and marshmallows on HIGH for 2 minutes, stirring after 1 minute. Stir mixture until smooth.
2. Add Kellogg's® Rice Krispies® cereal, stirring until well coated. When slightly cooled, shape cereal mixture into gifts with cookie cutters or buttered hands to create your own shapes. Allow to cool.
3. Decorate with candies, or other Kellogg's® cereals. For ribbon use fruit-flavored candy strips or licorice. Use sprinkles as desired and peanut butter, jelly or icing to attach decorations.

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Winnie the Pooh BABY






See Through the Eyes of Your Child.
can experience together the delightfully charming world of Winnie the Pooh, in a wonderful new technology to your child.

Disney INTERACTIVE







continued from page 256

## Icicle Ornament

**What you need:** White typing paper or card stock ■ Scissors ■ Craft glue and paintbrush ■ Silver thread ■ White glitter

1. Fold paper in half. Cut a triangle, using the folded edge as one of the sides. 2. Cut shapes into the edges. 3. Open the icicle. Glue silver thread to the top for hanging. Or, glue matching icicles together along the fold. Add a hanging thread between the two icicles. 4. Paint finished icicles with glitter. Sprinkle with glitter.

## Snowflake Doily



**What you need:** 8-inch white paper doilies ■ Black permanent marker ■ Wax paper ■ Plastic needle or tapestry needle ■ Silver thread or thin white cord ■ Clear bead ■ Craft glue and paintbrush

1. Cut centers and circles from the doilies. You may need to cut two or more at a time to prevent ripping. 2. Draw a straight line in the center of a wax paper sheet. Place a small doily piece inside a large doily piece, and place it on the wax paper. 3. Thread a needle with the silver thread, and tie a bead to thread's end. Sew in and out, suspending the small doily in the larger doily. The black line helps you keep the thread straight. 4. With a paintbrush, dab on glue to secure the thread.

continued on page 260




DISNEY

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**Buzz Lightyear Learning**



1st Grade 2nd Grade

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EARLY CHILDHOOD

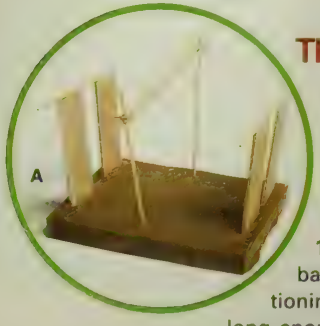
ESRB



# Holiday Countdown

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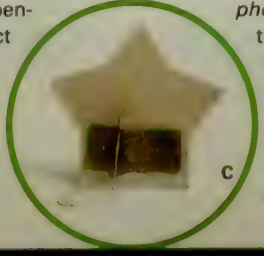
With assorted corks, chenille stems, felt, and a few other items, you can make this 25-piece Nativity scene. The pieces are also Christmas tree ornaments. Each day take one off the tree and place it in the manger until Christmas day.

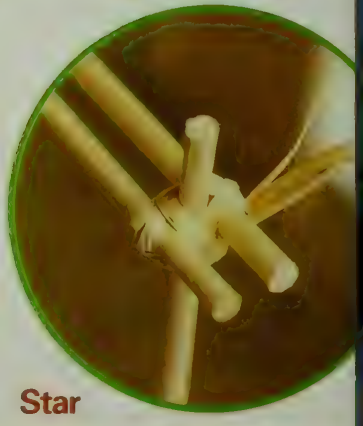



## The Manger

**What you need:** 10×12×1-inch plastic foam block ■ Two 8×10-inch felt sheets ■ Five 12-inch craft dowel rods ■ 12×18-inch beige craft foam sheet ■ 4 wood slats ■ 2 sheets of moss green felt

1. Cut green felt to cover the 10×12 plastic foam base. Cut two slits in either end of the felt sheet, positioning the slits a half inch from the ends. Make each slit long enough to accommodate the 3-inch wood slats (see *photo A*). 2. Lay the felt over the plastic foam and insert a slat through each slit. Push the slats all the way into the plastic foam. 3. Glue dowel rod beams over both pairs of slats. You've now completed the manger walls. 4. To create the peaked manger roof, insert dowel rods in the center front and center back of the base. If necessary, snip a small opening in the felt and use glue to stabilize the rods. Connect these posts with two dowel rod beams. Tie them in place with raffia (see *photo B*). 5. Lay the foam sheet over the beams to make a roof.



## Star

Glue gold paper to one side of a pu chased wooden star. Glue a ½x1½ inch strip of felt to back of star (*se photo C*), without gluing the cen ter of the strip down. Thi allows it to fit over the mange pole. Glue on thread hanger

continued on page 26



# We were there when you were a child of the '60s

In the '60s, man...

you definitely had it all together.

Nice threads, a great car and one very groovy pad.

With us, of course, there to ensure

that you kept it...all together. But now, you're on the other side

of the generation gap and keeping it together

isn't quite as easy as it used to be. Especially with your

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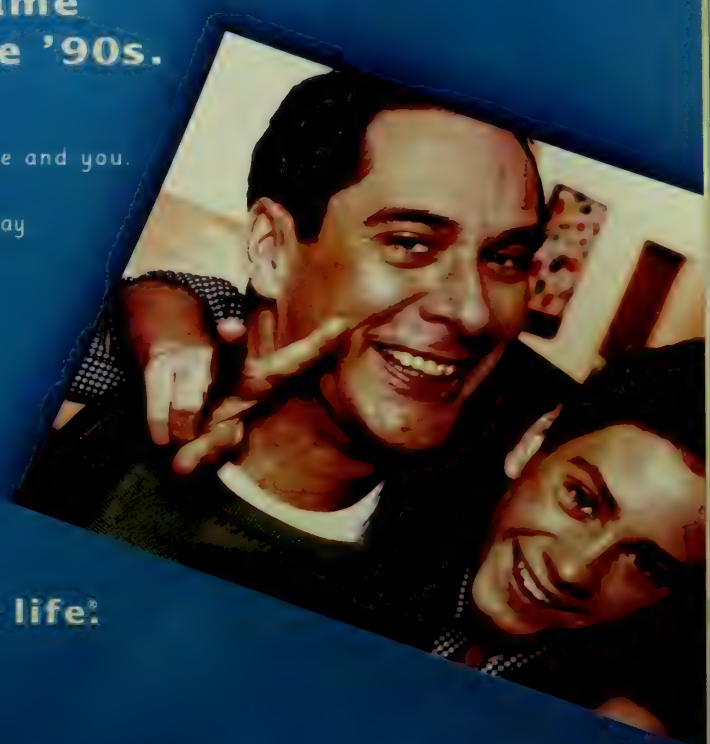
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continued from page 260









**What you need for basic supplies:** 3 sizes of corks: small, medium, and large ■ 14mm and 20mm beads ■ Thin wooden hearts: 2 small, 7 medium, and 4 large ■ 1- and ¾-inch wheels ■ A split wooden egg and a spool ■ Brown and blonde doll hair ■ Chenille stems: beige, brown, gray, black, and gold ■ 6 brown pompoms ■ Felt pieces (white, blue, beige, brown, crimson, purple, and green) ■ Ribbon and gold trim ■ Raffia ■ A white feather ■ Embroidery floss: gold, brown, and blue ■ Fine-tipped black marker ■ Craft glue

**For basic body construction** 1. Glue a small cork on one end of a medium cork. Glue a medium wooden heart to the other end. The rounded tops of the heart make two feet. 2. Glue a wooden bead head on top of the small cork. Let the glue dry. 3. To make the arms, wrap and twist the center of a beige chenille stem around the small cork. Trim ½ to 1 inch from the arm ends. Fold the ends over ¼ inch to make hands. 4. Cut the clothing pattern along the folded edge of the felt (see photo *above*). 5. Pass the bead head through the neck opening. Fold the clothing down over the body, then glue the sleeves together under the arms. Glue the sides of the robe directly to the cork. 6. Glue doll hair onto the head. Make two dots for eyes with a black fine-tipped marker.

## Joseph and Mary

**For Mary:** 1. Cut out a blue robe, but do not glue the sides down to the cork. Let them flare out like a dress. 2. Tie a white ribbon around her waist. 3. Glue on long brown hair. Give her a 6-inch ribbon shawl. **For Joseph:** 1. Cut out a blue robe. 2. Tie a blue embroidery floss belt around his waist. 3. Cut a 5×1-inch scarf from a strip of beige felt. Glue 1-inch sections of ribbon to the ends of the scarf.



continued on page 264

For him there's nothing worse than waking up cold, wet and alone.

Except waking up cold, wet and surrounded by friends.



's worst fear: that somewhere, at some point, his friends will find out he wets his bed. And he's lone. Seven million kids wet their beds, often the result of a bladder that simply hasn't grown as s the rest of their body. And for them we offer GoodNites® absorbent underpants. Designed for 45 to 125 pounds, they're disposable underpants that protect your child overnight. They have or protection and fit, so they look and feel like regular underwear. And since he's the only person know he's wearing them, they come with other benefits. Like privacy. Independence. dence. Things that will make you both sleep easier. Please visit www.goodnites.com to learn more.

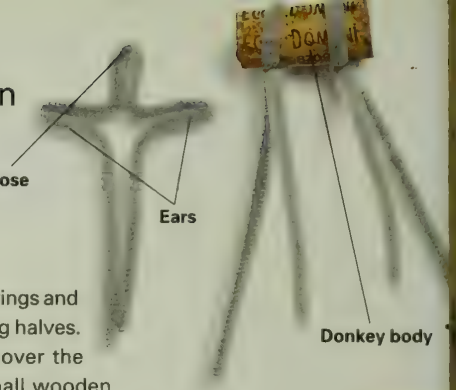



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## Holiday Countdown

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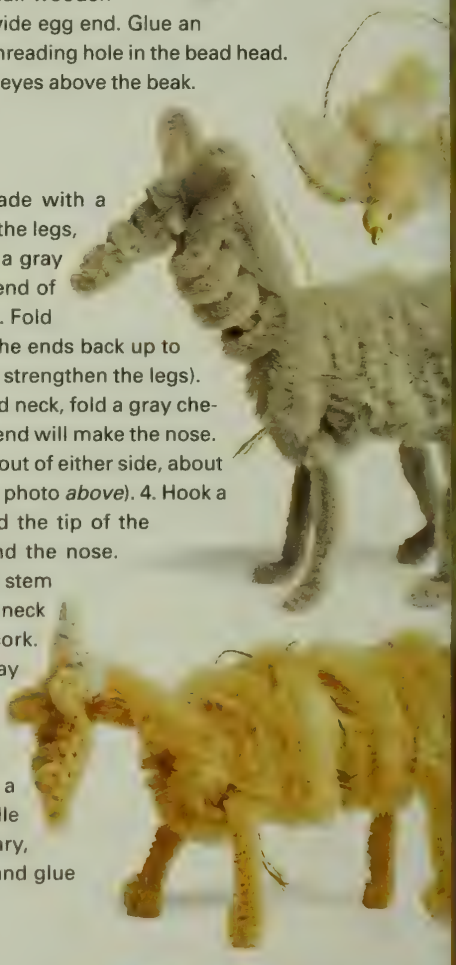



### Dove

1. Glue a cut pair of white felt wings and a tail between two wooden egg halves. Glue white feather sections over the white felt. 2. Then glue a small wooden bead head to the top of the wide egg end. Glue an oval gold bead beak into the threading hole in the bead head. 3. With a black pen, draw two eyes above the beak.

### Donkey

1. The donkey's body is made with a medium-sized cork. To make the legs, wrap and twist the center of a gray chenille stem around either end of the cork (see photo *above*). 2. Fold each leg in half by bringing the ends back up to the cork (this will thicken and strengthen the legs). 3. To make the head, ears, and neck, fold a gray chenille stem in half. The folded end will make the nose. Next, pull two inch-long ears out of either side, about an inch from the nose tip (see photo *above*). 4. Hook a second chenille stem around the tip of the nose. Loosely wrap it around the nose. Continue coiling the chenille stem around the neck. 5. Push the neck ends into one end of the cork. Push a 2-inch section of gray chenille stem into the other end to make a tail. 6. Hook one end of a thick gray chenille stem into the neck for a mane and then coil the chenille around the cork. If necessary, add a second chenille stem and glue any loose ends in place.



### Cow and Calf

Make the cows like the donkey, with the following exceptions: The cow body is made with two medium corks glued end to end. The calf is made with a single medium cork. Use beige chenille stems. The neck is thicker and the ears smaller than the donkey. Add white horns.



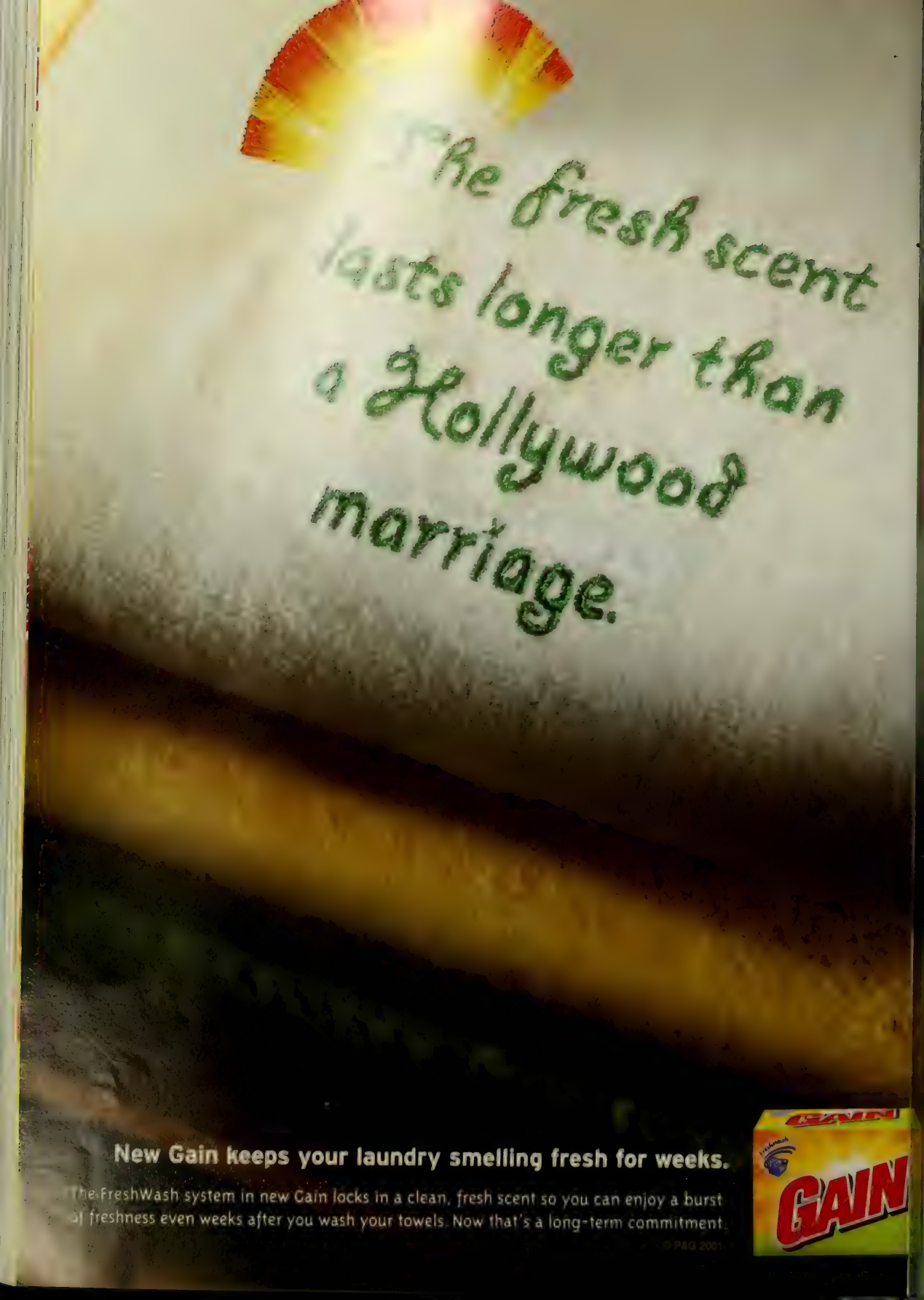
continued on page 26

# LOOK WHO BEAT THE CHEESE OUTTA THE OTHER GUY




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ntinued from page 264







## The Three Wisemen

1. Cut robes from three different colors of felt. 2. Glue trim to the edges of the sleeves, hem, and collar. Wrap sections of gold beads around their waists. 3. To make each crown, glue two wooden wheels together and wrap trim around the edges. Glue a gold bead to the top of the finished crown. 4. Glue a doll hair beard and hair to each wooden bead head. Then glue the finished crown on top of the head. 5. Cut a 4- to 5-inch scarf out of ribbon and drape it over their shoulders.



## The Gifts

The first gift is a spool; the second is a large bead; the third is two beads glued together. Wrap trim around all three gifts, and then glue them to a large wooden heart. Top the gifts with rhinestones or golden beads.





## Two Shepherds

1. Cut out brown and beige robes. 2. Tie brown and beige embroidery floss belts around the shepherds' waists. 3. Glue doll hair beards and hair onto the wooden bead heads. 4. To make the headpieces, cut a 4-inch half circle of brown or beige felt. Glue one side of a wheel to the half circle, leaving a small front brim. Pull the felt piece down around the rim of the wheel. Wrap and tie a section of floss around the felt to hold it in place. 5. Fold a brown chenille stem in half to make the shepherd's staff.

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# The Jeweled Christmas Tree ORNAMENT

Twelve brilliant crystals from Swarovski one for each day of Christmas. All sparklin like jewels in the snow, on a china ornamen by Lenox.

*The Jeweled Christmas Tree Ornamen* inaugurates The Lenox Holiday Gem Collection—annual ornaments decorate with crystals from Swarovski, where crys tals are cut to perfection.

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Christmas Day 2001 marks the end of pro duction for this limited edition. *Th Jeweled Christmas Tree Ornament* is avail able at just $24.90, an exceptional value for Lenox china ornaments are sought afte year-round by collectors. Each importe ornament will be bear the Lenox® hallmar in 24 karat gold.

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I wish to acquire _____ (qty.) of *The Jeweled Christmas Tree Ornament(s)*, crafted of ivory fine china and 24 karat gold, and set with 12 crystals from Swarovski.

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# Holiday Countdown

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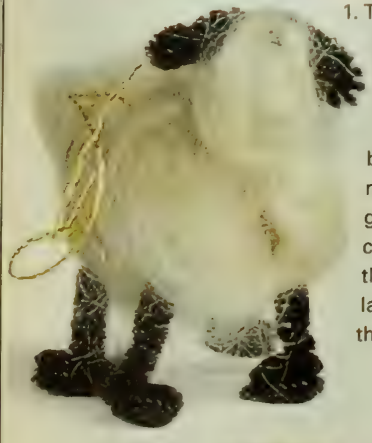


## Three Camels

1. The camel's body is made with a medium cork. To make the legs, wrap and twist the center of a brown chenille stem around each end of the cork. Twist each chenille stem halfway down the leg to make a knee. 2. Push each chenille stem end into a small cork foot. 3. To make the head, ears, and neck, fold a brown chenille stem in half. The folded end will become the nose. Next, pull an ear out of either side a half an inch up from the nose. Hook a second chenille stem end around the nose. Wrap it around the nose and continue coiling the chenille stem down the length of the neck (see photos A-C, *below*). Push the neck ends into one end of the cork. 4. Push a 1½-inch section of brown chenille stem into the other cork end to make a tail. 5. Glue two pompom humps to the top of the cork. Cut a 2×5-inch felt blanket. Decorate with trim, then lay it over the humps. Glue the blanket ends to both sides of the cork.



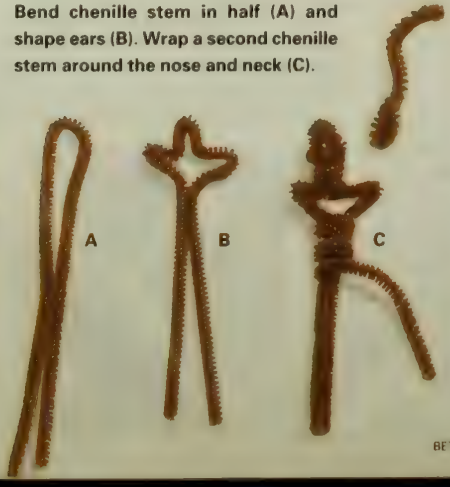
## Two Sheep and Two Lambs

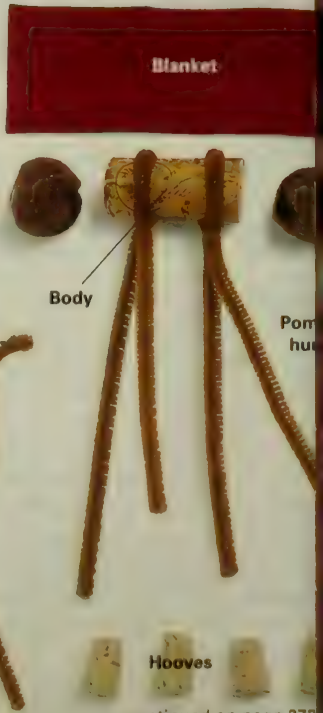


1. The sheep's body is made from a medium cork. To make the legs, wrap and twist the center of half a black chenille stem around each end of the cork. Shape the ends into round feet. 2. Spread glue over the cork and then wrap the blonde doll hair to cover the entire body. 3. To make the head, cover a small cork with hair and glue it to one end of the body. 4. Fold 1-inch black chenille stem pieces in half to make ears and tails, then glue them in place. **For lambs:** Make the lambs in the same way, except change the size of the body to a smaller-sized cork.



**Bend chenille stem in half (A) and shape ears (B). Wrap a second chenille stem around the nose and neck (C).**




continued on page 272

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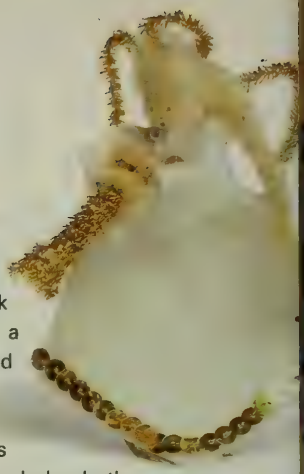

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continued from page 270



## Two Angels

1. The angels do not have the medium cork body or heart feet. Glue a wooden bead to a small cork. Wrap chenille stem arms around the small cork. Insert the head through the neck hole of the white dress (dress pattern, *below right*). Trap the small cork with arms between the layers of the white felt dress, and glue both sides together sandwiching the small cork and arms in between. 2. Glue gold trim along the edge of the dress. Tie a white ribbon in a bow under her head. 3. Glue braided blond hair and a gold chenille stem halo on top of the bead head. 4. To make the wings, fold a chenille stem in half—the fold will become the center of the wings. Bring both ends down and hook them to the fold; now you'll have two loops. Shape each loop into a wing. Glue the center of the wing onto the angel's back, just below her head. Let dry. 5. To make the harp, bend a gold chenille stem into the shape of a harp frame and wrap a second gold chenille stem around the frame to make the harp strings. 6. For the other angel's trumpet, tightly coil a gold chenille stem around wooden golf tee. 7. Unfold the angels' hands and wrap the arm ends around the instruments.

## Cradle

1. Glue two wooden beads to the centers of two small wooden hearts. Then glue two large hearts on top of the beads. 2. Position the large hearts side by side, then join these cradle halves by gluing a third large heart over them. 3. Glue pieces of raffia over the large wooden hearts.



## Baby Jesus

1. Wrap a small cork in a strip of felt to pad the baby's body. Glue a small wooden head to one end of the cork. Glue a little doll hair to the top of the head. 2. Wrap a 2- to 3-inch length of 1½-inch ribbon around the body to cover the felt. Fold a 4- to 5-inch length of ribbon in half, then slip the baby's head under the fold. Wrap the ribbon sides down over the body, then tuck the ends under the body. Tie the bundle together with the gold thread. 3. Make a small halo by wrapping a 1- to 1½-inch section of gold chenille stem around your fingertip. Glue one side of the halo to the ribbon over the baby's head. 4. Use a fine-tipped marker to give him two eyes, a dash of a nose, and mouth.

This completes the Nativity projects.

additional projects on page 27

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# Barbie™ Creative Tool for Growing Girls

**A whole new world of creativity** will be at your daughter's fingertips when you supply the artistic tools that will develop her creative abilities and provide hours of fun!



**Encourage your daughter to express herself** by writing stories or keeping a journal of her own. Barbie Doll Pens by RoseArt Industries, Inc. can make her creative writing fun with a variety of 16 styles to collect and trade. With their unique doll-shaped designs and stylish fashions, she'll even look forward to doing her schoolwork!

**Now your daughter can be a real photogra and start snapping photos** with the Ba Cool N' Squeezy™ Bubble Camera by the T Company. Soft-sided and easy to use with 110-cartridge film (not included), she'll want t her friends together for photo shoots and photos of all your family outings. Best o together you can create decorative scrapb filled with her very own photos of her adventu





**Does your daughter love to color and paint?** Foster her artistic talent with the Barbie Fashion Color Art Studio, also from RoseArt. Filled with colored pencils, oil pastels, watercolors, crayons, markers and brushes, she'll feel like a real artist as she carries her art supplies around in the fashionable purse-shaped storage case.

**If your daughter loves music and singing a** to her favorite songs on the radio, she'll be the of her own show with the Barbie™ "Sing with M Karaoke Machine from KidDesigns, Inc. She and friends can have hours of fun...making their tapes or just singing along with the t enclosed pre-recorded karaoke t and songbooks. And, with the echo effects and microph mixing, they'll feel like the in a real recording stu (Batteries not included.)

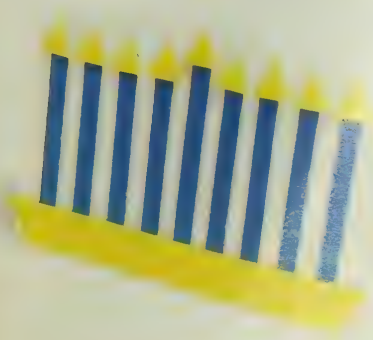


**Win $25,000! Enter the Barbie™ Girl Creations Sweepstakes! One First Prize winner:** Art classes and supplies for your daughter, plus Barbie creativity items. **Entrants qualify for the Grand Prize drawing**: $25,000 towards a me makeover, an expert BH&G interior design ultation and select Barbie products. No purchase necessary. *See ad on pg. 280 for Sweepstakes entry m and rules.*


Barbie
Style
What's as warm as soft moonlight?
Barbie on my bed at night
Ballerina
Barbie
Twin sheet set $19.99
Twin comforter $39.99

# Holiday Countdown

continued from page 272



## Hanukkah Card

**What you need:** White construction paper ▪ Blue marker ▪ Craft sticks ▪ Yellow craft foam ▪ Scissors, glue

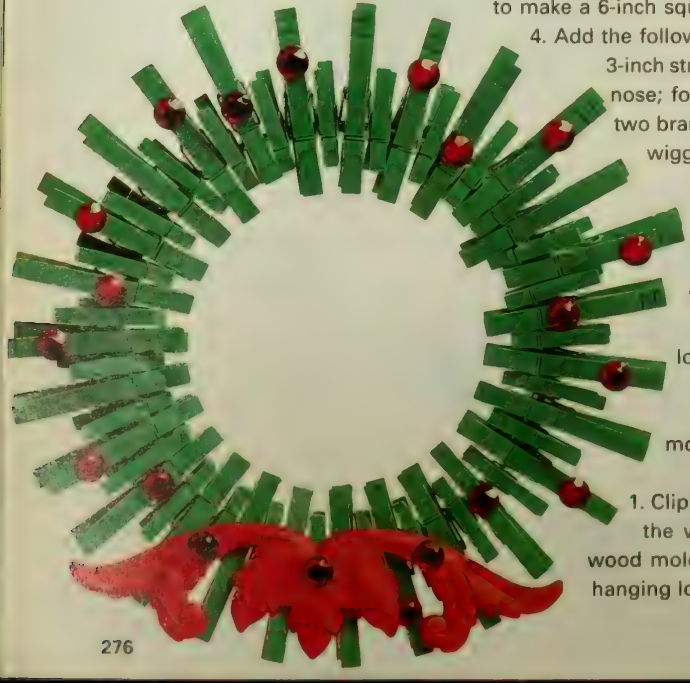
1. Use a blue marker to color one side of 8 craft sticks for the menorah candles. 2. Glue the sticks side by side, about ½ inch apart on a piece of 8×11-inch white paper folded in half. 3. Cut 8 triangular yellow "flames" from the craft foam. Glue a flame to the top of each candle. 4. Cut a 1×8-inch strip of craft foam. Glue the strip to the bottom of the candles, for a base. Write your Hanukkah message inside.



## Reindeer Card

**What you need:** Green construction paper ▪ Brown and beige craft foam ▪ Brown yarn ▪ Small red pompom ▪ Brown chenille stems ▪ Thin red ribbon ▪ Small bell ▪ Wiggle eye ▪ Scissors, pencil, and glue

1. Trace your hand—with fingers spread slightly apart—onto brown craft foam. Cut out foam hand. 2. Fold a 12×6-inch piece of construction paper or card stock to make a 6-inch square. 3. Glue the foam hand, fingers down, on the card. 4. Add the following features: half ovals of beige craft foam for hooves; 3-inch strands of yarn, knotted at one end, for the tail; pompom for nose; four 1½-inch brown chenille stems, twisted together, for two branching antlers; a ribbon bow and bell for the neck; and a wiggle eye. Add your holiday greeting inside.



## Clothespin Wreath

**What you need:** 27 large spring wood clothespins (3¼-inch long) ▪ 27 mini-spring wood clothespins (1¾-inch long) ▪ 7¾-inch brass ring ▪ Green acrylic paint or green spray paint ▪ Craft glue ▪ Twenty-one 15mm round red acrylic faceted stones ▪ 9×½-inch decorative wood molding ▪ Red acrylic paint ▪ Paintbrush ▪ Wire

1. Clip clothespins, alternating sizes, onto the brass ring. Paint the wreath green. Glue red stones to the wreath. 2. Paint wood molding red, and glue to wreath. Attach stones. 3. Make a hanging loop with wire.

# troducing METADATE® CD Capsules

## ne dose
## vers his ADHD
## r the whole
## hool day



### igned to work when he needs it most

tients with a confirmed diagnosis of attention-deficit/hyperactivity
er (ADHD), once-daily METADATE® CD Capsules provide school-day–
overage while freeing them from the inconvenience of a midday dose.
DATE® CD Capsules also offer the flexibility to choose after-school dosing
led. This is important because surveys have shown that 89% of patients
need or want after-school dosing.[1]

**earn more, ask your doctor or call toll free**
**66-ADHD-INFO. Look for us on the World Wide**
**b at www.metadate-CD.com.**

### ORTANT SAFETY INFORMATION FOR PATIENTS:

ur child's doctor about all medications that your child is taking or intends to take.

DATE® CD Capsules should not be used in children under 6 years of age.

DATE® CD Capsules should not be used in patients:

ho are overly anxious, tense, or agitated

ith glaucoma, tics, or Tourette's Syndrome

ho are taking or who recently took an MAO inhibitor

on is advised in patients with a history of drug or alcohol dependence,
l illness, seizures, high blood pressure, or heart conditions.

ost common side effects are headache, stomachache, decreased
te, and sleeplessness.

*New once-daily*

**METADATE® CD**

**(methylphenidate HCl, USP)**

Extended-Release Capsules 20 mg

TECH

Metadate is a registered trademark of Celltech Pharma, Ltd.
Please see brief summary of Prescribing Information on next page.

**Reference: 1.** IMS Health NDTI Audit. August 2000.

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***INFORMATION FOR PATIENTS TAKING METADATE® CD OR THEIR PARENTS OR CARE***

*Once-daily*

# METADATE® CD (II)

## (methylphenidate HCl, USP)

Extended-Release Capsules 20 mg

This information is for patients or their parents or caregivers taking METADATE *(MET-a-date)* CD Capsules for the treatment of Attention Deficit Hyperactivity Disorder.

Please read this before you start taking METADATE CD. Remember, this information does not take the place of your doctor's instructions. If you have any questions about this information or about METADATE CD, talk to your doctor or pharmacist.

***What is METADATE® CD?***

METADATE CD is a once-a-day treatment for Attention Deficit Hyperactivity Disorder, or ADHD. METADATE CD contains the drug methylphenidate, a central nervous system stimulant that has been used to treat ADHD for more than 30 years. METADATE CD is taken by mouth, once each day in the morning, before breakfast.

***What is Attention Deficit Hyperactivity Disorder?***

ADHD has three main types of symptoms: inattention, hyperactivity, and impulsiveness. Symptoms of inattention include not paying attention, making careless mistakes, not listening, not finishing tasks, not following directions, and being easily distracted. Symptoms of hyperactivity and impulsiveness include fidgeting, talking excessively, running around at inappropriate times, and interrupting others. Some patients have more symptoms of hyperactivity and impulsiveness while others have more symptoms of inattentiveness. Some patients have all three types of symptoms.

Many people have symptoms like these from time to time, but patients with ADHD have these symptoms more than others their age. Symptoms must be present for at least 6 months to be certain of the diagnosis.

***How does METADATE® CD work?***

The METADATE CD capsule dissolves right after you swallow it in the morning, giving you an initial dose of methylphenidate. The remaining drug is slowly released during the day to continue to help lessen the symptoms of ADHD. Methylphenidate, the active ingredient in METADATE CD, helps increase attention and decrease impulsiveness and hyperactivity in patients with ADHD.

***Who should NOT take METADATE® CD?***

You should NOT take METADATE CD if:

- You have significant anxiety, tension, or agitation since METADATE CD may make these conditions worse.
- You are allergic to methylphenidate or any of the other ingredients in METADATE CD.
- You have glaucoma, an eye disease.
- You have tics or Tourette's Syndrome, or a family history of Tourette's Syndrome.

Talk to your doctor if you believe any of these conditions apply to you.

***How should I take METADATE® CD?***

**Do not chew, crush, or open the capsules.** Swallow METADATE CD capsules whole with the help of water or other liquids, such as milk or juice.

Take METADATE CD once each day in the morning, before breakfast.

Take the dose prescribed by your doctor. Your doctor may adjust the amount of drug you take until it is right for you. From time to time, your doctor may interrupt your treatment to check your symptoms while you are not taking the drug.

***What are the possible side effects of METADATE® CD?***

In the clinical studies with patients using METADATE CD, the most common side effects were headache, stomach pain, sleeplessness, and decreased appetite. Other side effects seen with methylphenidate, the active ingredient in METADATE CD, include nausea, vomiting, dizziness, nervousness, tics, allergic reactions, increased blood pressure and psychosis (abnormal thinking or hallucinations).

This is not a complete list of possible side effects. Ask your doctor about other side effects. If you develop any side effect, talk to your doctor.

***What must I discuss with my doctor before taking METADATE® CD?***

Talk to your doctor ***before*** taking METADATE CD if you:

- Are being treated for depression or have symptoms of depr such as feelings of sadness, worthlessness, and hopelessr
- Have motion tics (hard-to-control, repeated twitching of any part your body) or verbal tics (hard-to-control repeating of sounds or
- Have somebody in your family with motion tics, verbal tics, Tourette's Syndrome.
- Have abnormal thoughts or visions, hear abnormal sounds have been diagnosed with psychosis.
- Have had seizures (convulsions, epilepsy) or abnormal EE (electroencephalograms).
- Have high blood pressure.

Tell your doctor ***immediately*** if you develop any of the above tions or symptoms while taking METADATE CD.

***Can I take METADATE® CD with other medicines?***

Tell your doctor about ***all*** medicines that you are taking or int take. Your doctor should decide whether you can take METADATE CD with other medicines. These include:

- Other medicines that a doctor has prescribed.
- All medicines that you buy yourself without a prescription.
- Any herbal remedies that you may be taking.

You should not take METADATE CD with monoamine oxidas (MAO) inhibitors.

While on METADATE CD, do not start taking a new medic herbal remedy before checking with your doctor.

METADATE CD may change the way your body reacts to medicines. These include medicines used to treat depressio vent seizures, or prevent blood clots (commonly called "bloo ners"). Your doctor may need to change your dose of these m cines if you are taking them with METADATE CD.

***Other Important Safety Information:***

Abuse of methylphenidate can lead to dependence.

Tell your doctor if you have ever abused or been dependent on or drugs, or if you are now abusing or dependent on alcohol or ***Before*** taking METADATE CD, tell your doctor if you are pre or plan on becoming pregnant. If you take methylphenidate, be in your breast milk. Tell your doctor if you are nursing a ba

Tell your doctor if you have blurred vision when taking METADATE CD.

Slower growth (weight gain and/or height) has been report long-term use of methylphenidate in children. Your doctor wil carefully watching your height and weight. If you are not grov gaining weight as your doctor expects, your doctor may stop METADATE CD treatment.

Call your doctor ***immediately*** if you take more than the an of METADATE CD prescribed by your doctor.

***What else should I know about METADATE® CD?***

METADATE CD has not been studied in children under 6 years

METADATE CD may be a part of your overall treatment fo ADHD. Your doctor may also recommend that you have coun or other therapy.

As with all medicines, never share METADATE CD with an else and take only the number of METADATE CD Capsules p scribed by your doctor.

METADATE CD should be stored in a safe place at room t ature (between 59°-86°F).

***For more information about METADATE® CD:***

METADATE CD Capsules are available by prescription. Only doctor knows what is right for you. This sheet is only a brief s mary. If you have any questions, or want any information, talk your doctor or pharmacist, or call the number below.

**Keep out of the reach of children.**

For more information call 1-888-METADATE (1-888-638-2328 visit us on the World Wide Web at www.metadate-cd.com.

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CELLTECH

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Rochester, NY 14623 USA

Manufactured by:
Eurand America, Inc.
Vandalia, Ohio 45377 USA

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# uying Information

ntinued from page 240

**tub and sinks** (White)—American Standard, Inc., P.O. Box 0, Piscataway, NJ 08855-6820; 800/524-9797. Web site: w.americanstandard-us.com. **Metal miniblinds** (White)—ay Blinds, 381 Strander Blvd., Seattle, WA 98188; 206/575-2. **Red oak frame mirror**—Seattle Lighting Fixture Co., 222 ond Ave., Seattle, WA 98104; 800/653-6556. Web site: w.seattlelighting.com. **Vanity countertop** (White)—'ont Corian, Barley Mills Plaza 12, 2112, P.O. Box 80012, mington, DE 19880-0012; 800/426-7426; www.corian.com. **tom vanity cabinetry**—Baywood Cabinets, through dio Pacifica, Ltd., 1402 Third Ave., Ste. 1224, Seattle, WA 01; 206/292-9799; www.studiopacifica.com. **Towels**, "Royal et Big & Soft" (Green Mist)—The Bon Marche, 206/506-0; www.federated-fds.com. **Glass bowl on floor, lavender with washcloths, hairbrush, glass bowl, wire stand, bath lavender votive lamps, Green Goddess bath accessories, p dishes, bath brush, sponge**—Northwest Art & Frame, 3 California Ave., SW, Seattle, WA 98116; 206/937-5507. **ernary topiary and pot**—Admiral Thriftway, 2320-42nd Ave., Seattle, WA 98116; 206/937-0551. **Purple vase next to t**—Winterthur Catalog Collection, P.O. Box 4000, Forrester ter, WV 25438-4000; 800/767-0500. **Chrome shower ures and sink faucets**—Price Pfister, Inc., 19701 Da Vinci, e Forest, CA 92610; 800/732-8238; www.pricepfister.com. **wer light**—Lightolier, Inc., 631 Airport Rd., Fall River, MA '20; 800/217-7722; www.lightolier.com. **Purple soaps**—arily Natural, P.O. Box 750024, Petaluma, WA 94975.

### corating Shop™

**ge 94: Christmas Banner Ornaments**—Banar Designs, South Main St., Fallbrook, CA 92028.

### rdener's Almanac

**ges 142-147: Fritillaria imperialis Lutea**—Brent and cky's Bulbs, 7463 Heath Trail, Gloucester, VA 23061; /661-2852; free catalog. White Flower Farm Bulb Book, Box 50, Litchfield, CT 06759-0050; 800/503-9624. **ylilies**—Oakes Daylilies, 8204 Monday Rd., Corryton, TN 721; 800/532-9545; catalog $2. McClure & Zimmerman, Box 368, Friesland, WI 53935; 800/883-6998; free catalog. dre Viette Nursery, Route 1, Box 16, Fishersville, VA 22939; 0/943-2315; catalog $5. **Mediterranean fan palm**—isiana Nursery, 5853 Hwy. 182, Opelousas, LA 70570; /948-3696; catalog $4. **Euphorbia**—Plant Delights rsery, 9241 Sauls Rd., Raleigh, NC 27603; 919/772-4794; alog $3.20. Heronswood Nursery, 7530 NE. 288th St., gston, WA 98346; 360/297-4172; catalog $5.

### riving in the Shade

**ges 149-154: Primrose, yellow trillium, hardy geranium, arl Japanese iris**—Shady Oaks Nursery, P.O. Box 708, seca, MN 56093-0708; 800/504-8006; free catalog. **low ladyslipper orchid**—White Flower Farm, P.O. Box Litchfield, CT 06759; 800/503-9624; free catalog. **Foam-wer** (tiarella)—Pine Ridge Gardens, 832 Sycamore Rd., ndon, AR 72847; 501/293-4359.

### ke Room for Romance

**ges 158-159: chair and sofa**—Under Cover, 2308 Sawtelle d., Los Angeles, CA 90064; 310/268-1752.

**ges 162-163: birdcage lamp**—The Gatehouse, 11706 io Ave., Los Angeles, CA 90025; 310/473-3729; w.gatehousela.com.

**ge 164 (*top left*): upholstery on antique chair**—Under ver (address above). (***Top right*): upholstery on bench**—der Cover (address above). (***Bottom left*): picture frame**—y—The Gatehouse (address above).

**ge 165 (*bottom left*): bedding**—Under Cover (address ove). **Beds**—IKEA Home Furnishings; 800/434-4532; w.ikea.com. **Old schoolroom map**—The Gatehouse ldress above). (***Center*): still life of pansies by Luis ntreras**—The Gatehouse (address above).

**ge 166 (*top left*): turquoise metal chair**—Cosentino's, 019 Pacific Coast Hwy., Malibu, CA 90265; 310/456-6707. **olecloth**, vintage—The Gatehouse (address above).

### mily-Friendly Basements

**ge 86: cabinetry**—Aristokraft, One MasterBrand Cabinets , Jasper, IN 47546; 812/482-2527; www.aristokraft.com. **niture**—Stanford Furniture Co., P.O. Box 69, Claremont, C 28610; 828/459-1992; www.stanfordfurniture.com. **stom pillows**—Stolen Peacock Design, 6175 Winthrop e., Indianapolis, IN 46220; 317/257-7172. **Carpeting**—aw Ind., Inc., P.O. Drawer 2128, Dalton, GA 30722-2128; 0/367-5504; www.greatfloors.com or www.shawinc.com. **ges 88-89: hardware**—Top Knobs USA, Inc., 170 wnship Line Rd., Belle Mead, NJ 08502. **Countertops**—rmica Corp., 10155 Reading Rd., Cincinnati, OH 45241; 0/367-6422; www.formica.com. **Faucet**—Delta Faucet ., 55 E. 111th St., Indianapolis, IN 46280; 800/345-3358; w.deltafaucet.com. **Refrigerator**—U-Line Corp., 8900 55th St., Milwaukee, WI 53224; 414/354-0300; ww.u-line.com.

**ge 90: log paneling**—Jim Barna Log Systems, P.O. Box 29, Oneida, TN 37841; 800/962-4734; Web site: ww.logcabins.com. **Leather sectional, chair, cocktail ble**—Arhaus Furniture, 7700 Northfield Rd., Walton Hills, H 44146; 440/439-7700. **Throws, pillows, copper ccessories, galvanized metal buckets**—Pottery Barn; 0/922-5507; www.potterybarn.com. **Indian basket**—Bear Creek Gallery, 8659 River Crossing Blvd., Indianapolis, IN 46240; 317/589-0882. **Carpeting**—Shaw Ind. (address above).

**Pages 92-93: stone**—Centurion Stoneworks South, 4625 Canton Hwy., Cumming, GA 30040; 770/887-7264. **Rug**—Ethan Allen, Inc., P.O. Box 1966, Danbury, CT 06813-1966; 800/228-9229; www.ethanallen.com. **Dog on mantel**—Restoration Hardware; 888/243-9720; Web site: www.restorationhardware.com. **Wildlife photography**—Carl R. Sams Photography, 2675 General Motors Rd., Milford, MI 48380, 800/552-1867; www.carlsams.com. **Pool table, barstools, ceiling fixture**—Drawknife Billiards, through Lodgepole Beds & Furniture, 516 North Hwy. 33, Tetonia, ID 83452; 800/320-0527; www.drawknife.com.

### Home for Healthy Living

**Page 169: entry door**—Archi-Spec L.L.C., 3950 N. Holton St., Milwaukee, WI 53213. **Entry door latch and lock sets**, "No. 470-03" (Satin Bronze Blackened)—Architectural Ironworks, 12 Bisbee Ct., Santa Fe, NM 87505; 505/438-1864. **Art-glass panels in entry door, design and installation**—Mike Kirkpatrick, Art Glass Creations, 10417 Hickman Rd., Urbandale, IA 50322; 515/276-3026. **Cast stone veneer**, "Country Ledgestone" (Aspen)—Cultured Stone, P.O. Box 270, Napa, CA 94559-0270; 800/255-1727; www.cultured stone.com. **Coach lanterns**, "Evergreen"—Arroyo Craftsman Lighting, Inc., 4509 Littlejohn St., Baldwin Park, CA 91706; 626/960-9411. **Recessed downlighting**—Halo Lighting, Div. of Cooper Lighting, 1121 Hwy. 74 S, Peachtree City, GA 30269; 770/486-4800; www.cooperlighting.com.

**Pages 170-171: aluminum-clad windows**, "Legacy Series" (Hartford Green)—Weather Shield Windows and Doors, P.O. Box 309, Medford, WI 54451; 800/477-6808; Web site: www.weathershield.com. **Roofing**, "MiraVista Slate"—Owens Corning, Roofing Inquiries, World Headquarters, 1 Owens Corning Pkwy., Toledo, OH 43659; 800/438-7465; www.owenscorning.com. **Fiber-cement lap siding**, "Hardiplank Lap Siding"; **fiber-cement shake shingle siding**, "Hardie Shingleside Select Cedarmill"; **fiber-cement soffit and fascia**, "Hardisoffit"—James Hardie Building Products, 26300 La Alameda, Ste. 250, Mission Viejo, CA 92691; 888/542-7343; www.jameshardie.com. **Soy-based exterior stains lap siding** (Cedar base coat, Woodgrain Brown highlight coat); **shake siding** (Redwood base coat, Cedar highlight coat)—Nature Stain Co., Inc., Div. PCI Group, Inc., 2153 E. Cedar St., #6, Tempe, AZ 85281; www.naturestain.com. **Stone urn**, "Prairie Planter 36"—Classic Garden Ornaments, Ltd., Longshadow Gardens, 83 Longshadow Ln., Pomona, IL 62975. **Driveway paving**, "GrandCem"—Holnam, Inc., 16401 Swingley Ridge Rd., Ste. 330, Chesterfield, MO 63017. **Porcelain tile pavers on sidewalk and entry landing**, "Landscape" (Delfi LS03)—Daltile, 7834 C.F. Hawn Fwy., Dallas, TX 75217; 800/933-8453; www.dtile.com. **Uplighting**, "Cambria"; **surface-mounted step lighting**, "Zuma"; **entry path lighting**, "Maui"—Lumiere, Div. Cooper Lighting (address above).

**Pages 172-173 (*bottom left*): entry lantern glazing design and installation**—Mike Kirkpatrick, Art Glass Creations (address above). (***Left*): top-venting gas-log fireplace**—Lennox Ind., Inc., 2075 McDaniel Dr., Carrollton, TX 75006-8375; 214/243-8266. **Oak strip flooring**—National Oak Flooring Mfg. Assn., 22 N. Front St., Ste. 660, Memphis, TN 38103. **Water-based floor finish**, "Street Shoe"—Basic Coatings, 2124 Valley Dr., Des Moines, IA 50321. **Copper clock**, Arnold Benetti, Coppersmith—The Craftsman Home, 3048 Claremont Ave., Berkeley, CA 94705; 510/655-6503; www.craftsmanhome.com. **Cocktail table, settee, lounge chair, tile-top table**—L. & J.G. Stickley, Inc., P.O. Box 480, Manlius, NY 13104-0480; 315/682-5500; www.stickley.com. **Pottery on tile-top table**, "Blue Mountain Pottery"—Museum of Fine Art Boston; for a catalog call 800/225-5592; www.mfa.org/shop. **Chair by fireplace**, "President's, No. 776559"—Palecek, P.O. Box 225, Richmond, CA 94808-0225; 800/274-7730; www.palecek.com. **Custom framed art above the fireplace**, "Pin Oak, No. 87152"—Anita Munman, 20th Century Fine Art; 614/921-1126. Rug—Capel, Inc., P.O. Box 826, Troy, NC 27371; 800/334-3711. **Media storage cabinets, mantel, wall and ceiling trim**—Classic Cabinetry and Millwork, Inc., 206 Isabella St., Radcliffe, IA 50230; 888/899-2185. **Low-VOC wall paint**, "Echo-Spec" (Windham Cream); **low-VOC ceiling paint** (Mountain Peak White)—Benjamin Moore & Co.; 800/826-2623; www.benjaminmoore.com. **Recessed downlighting**—Iris; **cove lighting**—Optiance, Div. of Cooper Lighting (address above).

**Pages 174-175 (*top left*): wrought iron plate stand**—Pottery Barn; 800/922-5507; www.potterybarn.com. (***Center left*): pot on stove**—All-Clad Metal Crafters, Inc., 424 Morganza Rd., Canonsburg, PA 15317; 800/255-2523. **30-inch wall ovens, combination microwave/convection, conventional**, "Architect's Series, No. KEBS208DSS"; **36-inch gas cooktop**, "Pro Line, No. KGPC467HSS"—KitchenAid; 800/422-1230; www.kitchenaid.com. (***Bottom left*): plaque on wall**, "Tapestry, No. 525240"—Museum of Fine Arts, Boston; for more information 800/225-5592; www.mfa.org/shop. **30-inch warming drawer**, "No. KEWD105HSS"; **Energy-Star dishwasher**, "Superba Architect Series, No. KUDC25CHSS"—KitchenAid; 800/422-1230; www.kitchenaid.com. **Countertops** (Baja Melange)—Gibraltar, Wilsonart International, Inc., 2400 Wilson Pl., Temple, TX 76503; 800/433-3222; www.wilsonart.com. **Apron-front sink**, "Chandler"; **high-rise faucet for apron-front sink**, "Jasmine" (Satin); **faucet for activity-center sink**, "Hampton" (Polished Brass)—American Standard, P.O. Box 6820, Piscataway, NJ 08855; 800/524-9797; www.americanstandard-us.com. **Cabinets**—Classic Cabinetry and Millwork, Inc. (address above). **Cabinet pulls**—Period Brass, P.O. Box 520, Jamestown, NY 14702-0520; 800/332-6677. **Interior doors** (for pantry door)—Woodharbor Molding & Millworks, Inc., 3277 Ninth St., SW, Mason City, IA 50401; 800/657-4699. **Over-cabinet and under-cabinet strip lighting**—Linea, Div. of Cooper Lighting (address above). (***Right*): table and chairs**—L. & J.G. Stickley, Inc. (address above). **Table runner**, "Stenciled Pinecone"—Period Textiles, 5427 Telegraph Ave. #W2, Oakland, CA 94609; 510/654-1645; www.textilestudio.com. **Pottery on table**—The Craftsman Home (address above).

**Pages 176-177 (*top left*): towels**, "Celadon"—Martex; 800/458-3000; www.martex.com. **Lavatory bowls**, "Heritage" (Bone); **lavatory spouts**, "Jasmine" (Polished Brass); **lever faucet handles**, "Ameralis"—American Standard (address above). **Vanity countertops** (Carmel Melange)—Gibraltar, Wilsonart International, Inc. (address above). **Diagonal ceramic tile on backsplashes and shower walls**, "Cultura" (Copper); **trim band**, "Keystones" (Almond, Spice, and Green Sea); **floor tile**, "Keystones" (Almond, Spice, and Green Sea)—Daltile (address above). **Two-arm light fixture**, "Bonneville" (Brushed Brass); **frosted glass shades**, "No. 172 CE"—Rejuvenation Lamp & Fixture Co., 2550 NW. Nicolai St., Portland, OR 97210; 888/401-1900; Web site: www.rejuvenation.com. **Towel ring**, "No. TR61-24" (Satin Bronze Blackened)—Architectural Ironworks (address above). (***Center*): body-spray shower system**, "Master-Shower"—American Standard (address above). (***Bottom*): closet storage system**, "Pro Pack"—Lee Rowan, Div. Newell Rubbermaid, 900 S. Hwy. Dr., Fenton, MO 63026; 800/325-6150; www.leerowan.com. (***Right*): bed and nightstand**—L. & J.G. Stickley, Inc. (address above). **Bedskirt fabric**, "Limerick, 647099" (Stone)—Waverly; 800/423-5881; www.waverly.com. **Rug**, Brighton-Cathedral—Capel, Inc.; 800/334-3711. **Wooden blinds** (Golden Oak stain)—Smith+Noble Windoware, P.O. Box 1838, Corona, CA 92878-1838; for a catalog call 800/765-7776. **Stenciled pinecone pillow**—Arts & Crafts Period Textiles, 5427 Telegraph Ave. #W2, Oakland, CA 94609; 510/654-1645; www.textilestudio.com. **Bed linens**—Martex; 800/458-3000; www.martex.com. **Throw over end of bed**—Textillery Weavers; 800/223-7673; e-mail: custserve@textillery.com. **Wall paint** (Spruce Green); **ceiling paint** (Mountain Peak White)—Benjamin Moore & Co.; 800/826-2623; www.benjaminmoore.com.

**Page 178 (*top inset*): rocker**, "Bar Harbor 757184" (Umber); **cushion**, "732342" (Golden Chambray); **sofa**, "Bar Harbor, 706284" (Umber); **cushion**, "731642" (Golden Chambray)—Palecek, P.O. Box 225, Richmond, CA 94808; 800/274-7730. (***Bottom*): outdoor stereo speakers**, "251 Environmental Speaker"—Bose Corp.; 800/444-2673; www.bose.com. **Railing fabricator**—Artistic Iron Works, L.C., 519 SE. Fourth St., Des Moines, IA 50309.

**Page 182: furniture**—Hickory Chair Co., Box 2147, Hickory, NC 28603. **Low-VOC paint**, walls "Echo-Spec" (Peacock Blue); ceiling (Mountain Peak White)—Benjamin Moore & Co.; 800/826-2623; www.benjaminmoore.com.

### A Closer Look...Home for Healthy Living

**Page 184 (*top left*): components for kitchen cabinets**—Isobord, Global Sales and Marketing, 1300 SW. Fifth Ave., Ste. 3030, Portland, OR 97201; www.isobordenterprises.com. (***Center*): low-E windows**, "Legacy Series" with oak interior trim—Weather Shield Windows and Doors, P.O. Box 309, Medford, WI 54451; 800/477-6808; www.weathershield.com.

**Page 186 (*top left*): 100-gallon sealed-combustion hot water heater**, "Cyclone XHE"—A.O. Smith; Web site: www.hotwater.com. (***Top center; top right*): whole-house water filtration and softening**—Kinetico, P.O. Box 193, Newbury, OH 44065; 800/944-9283; www.kinetico.com. (***Center*): acoustic framing system**, "Quiet Zone"—Owens Corning, Acoustic Systems, World Headquarters, 1 Owens Corning Pkwy., Toledo, OH 43659; 800/438-7465; www.owenscorning.com. (***Bottom*): high-efficiency gas forced-air furnace**, "Dimension 3"; **high-efficiency central air conditioner**, "Elite"—Lennox Ind., Inc., 2075 McDaniel Dr., Carrollton, TX 75006-8375; 214/243-8266. **Air-to-air heat exchangers**—Aprilaire; www.aprilaire.com.

**Page 188 (*top*): structural wood framing**—Trus Joist, 200 E. Mallard Dr., Boise, ID 83706; 800/338-0515; www.trusjoistcom. (***Center left*): composite slate shingles**, "Mira Vista"—Owens Corning, Roofing (address above). (***Center right*): air-infiltration barrier**—Owens Corning (address above). **Overhead garage door**, "Vintage"—Designer Doors, Inc., 283 Troy St., River Falls, WI 54022; 800/241-0525. **Coach lantern**, "Evergreen"—Arroyo Craftsman Lighting, 4509 Littlejohn St., Baldwin Park, CA 91706; 626/960-9411.

**Page 190 (*top left*): electronic home management**—OnQ Technologies, P.O. Box 60907, Harrisburg, PA 17106-0907; 800/321-2343. **Home automation, telephone, and security system installer**—Feel Safe Security Systems, Inc., 2600 Vine St., Ste. 400, West Des Moines, IA 50265. (***Top right*): whole-house audio**, "Lifestyle 50"—Bose Corp., 800/444-2673; www.bose.com. (***Center*): pottery**—The Craftsman Home (address above). **Large-screen TV**—Sony Electronics, Inc., Customer Relations, 1 Sony Dr., Park Ridge, NJ 07656; 800/222-7669; www.sony.com. **Video components**—Toshiba America Consumer Products, Inc., 82 Totawa Rd., Wayne, NJ 07470; 973/628-8000. (***Bottom right*): computer desk**, "Grove Park"—Bassett Furniture Ind.; 540/629-6000; www.bassettfurniture.com. **Personal computer**, "Vaio"—Sony Electronics, Inc. (address above). **Desk lamp**—Target Stores; 800/800-8800; www.target.com.

**Page 192 (*top left*): radiant floor heating**—Sun Touch Floor Warming, 2867 W. Chestnut Expwy., Springfield, MO 65802; 888/432-8932. (***Top center*): lever door latches** (Satin Bronze Blackened)—Architectural Ironworks (address above) (***Top right*): instant hot water dispenser**—In-Sink-Erator, 4700-21st St., Racine, WI 53406; 800/558-5712; www.insinkerator.com. (***Bottom*): central vacuum system**—Broan-Nutone, 926 W. State St., Hartford, WI 53027; 800/558-1711; www.broan.com.

continued on page 280

## Barbie™ Girl Creations Sweepstakes

SWEEPSTAKES RULES NO PURCHASE NECESSARY TO ENTER OR WIN A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING To enter, fill out your name, address and phone number on the entry form or send the same information on a 3 1/2" x 5" postcard and mail it to: [illegible] 4131 Des Moines IA 50315-0304 Sponsors assume no responsibility for illegible, lost, late, misdirected, incomplete or stolen entries or mail. Entries become property of sponsors and will not be returned. Open to legal U.S. residents who are 18 years of age or older, except employees of Meredith Corporation, Mattel, Inc., their agents, affiliates, subsidiaries and members of their immediate families or persons residing in the same household are not eligible. Winner will be notified by mail. Decisions of judges are final and binding in all respects. Entrants agree to be bound by the official rules. [illegible] contingent upon full compliance with the official rules. Entry constitutes permission to use winner's [illegible] voice, likeness, photograph and any statements regarding this sweepstakes for editorial, public relations, promotional and advertising purposes on behalf of sponsors without compensation unless prohibited by law. Winner will be required to complete an Affidavit of Eligibility and Liability/Publicity Release within ten (10) days of notification. Noncompliance with these rules or return of prize notification as undeliverable will result in disqualification and an alternate winner will be selected by random drawing from among all eligible entries. By participating and winning a prize, winner releases sponsors, their parents, affiliates, subsidiaries and agencies and their respective directors, officers, employees and agents from any and all liability with respect to the prize. No prize substitution, transfer or cash in lieu of prize, except at discretion of sponsors. Subject to all U.S. federal, state and local laws and regulations. Void where prohibited. Taxes on prize are the sole responsibility of winner. Sponsor and promoter: Meredith Corporation, 1716 Locust Street Des Moines, Iowa 50309-3023. Sponsor: Mattel, Inc., 333 Continental Blvd., El Segundo, CA 90245-5012. First prize winner list, available after 12/28/01. Send a separate SASE to Barbie® Sweepstakes, BH&G, 1716 Locust St., LS253, Des Moines, IA 50309-3023

**The above rules apply to both of the sweepstakes below**

**Girl Creations Sweeps** Sweeps begins 10/08/01 and ends 12/14/01. Entries must be received by 12/14/01. One entry per person. On or about 12/21/01, a random drawing from among all eligible entries received will be conducted under the supervision of Meredith Corporation. **First Prize** Local art class(es) and art supplies for winner's daughter, female relative or friend under 18 years of age. ARV/$4,500. Barbie creativity items include: One karaoke machine, doll pen, art kit and Bubble camera. ARV/$65. Odds of winning depend on number of eligible entries received. Estimated circulation of this offer is 7.6 million.

**Home Make-Over $25,000 Sweeps** Sweeps begins 7/10/01 and ends 1/31/02. Entries must be received 1/31/02. Eligible entries to the following Barbie Sweepstakes are automatically entered into this sweepstakes: Barbie Education, Barbie Style, Barbie Home Fashion, Barbie Girl Creations and Barbie Now We're Cooking. Entries limited to 5 per person in total. On or about 3/1/02 a random drawing from among all eligible entries received will be conducted under the supervision of Meredith Corporation. Grand prize consists of $25,000 cash for a home decorating makeover and a 2-hour consultation with a BH&G interior design expert and a Barbie book set, Backpack, Pillow, Art kit and Bake with me Oven. Expert will be selected by BH&G/ARV $2,000. Barbie products ARV/$75.00. Consultation must be used by 12/31/02. Odds of winning depend upon number of eligible entries received. Estimated circulation of this offer is 38 million over a five month period.

This sweepstakes may be offered in different creative executions. Barbie is a trademark owned by Mattel, Inc.

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# Buying Information

continued from page 279

**Page 194 (*center*): side tables, lamp, law library bookca** "Grove Park"—Bassett Furniture Ind. (address abov **Rug,** "Queen Street" (Sage)—Capel, Inc.; 800/334-37 **Pedestal bowl on end table**—The Craftsman Ho (address above). **Ceramic 3x6 tile on backspla** "Crystaltex Semigloss" (Almond)—Daltile (addr above). **Accent-pattern accent tiles,** "BBB Acorn" (C25 Pratt & Larson Ceramics, Inc., 1201 SE. Third Ave., Po land, OR 97214; 503/231-9464; wwwprattandlarson.co **Page 196 (*top left*): wooden blinds** (Golden Oak stain Smith+Noble Windoware, P.O. Box 1838, Corona, CA 928 1838; for a catalog call 800/765-7776. **Framed print,** "Pop Garden"—Kathleen West, The Craftsman Home (addr above). **(*Bottom*): chair and table**—Seasonal Concepts, Nathan Ln., Plymouth, MN 55441; 800/899-2686; 612/5 8887. **Towels,** "Celedon"—Martex; 800/458-3000; Web s www.martex.com. **Spa,** "Sovereign"—Hot Spring Sp Watkins Mfg. Corp., 1280 Park Center Dr., Vista, CA 920 800/776-4772; www.hotspring.com. **(*Top right*): built-in o door barbecue,** "Summit 475 NG"—Weber-Stephen Produ 200 E. Daniels Rd., Palatine, IL 60067; 800/446-10 www.weberbbq.com. **Stacked washer/dryer,** "Energy-S 24-inch Compact ThinTwin"—Whirlpool Corp.; 800/2 1301; www.whirlpool.com. **Wire storage organizers**—L Rowan, Div. of Newell Rubbermaid, 900 S. Hwy. Dr., Fent MO 63026; 800/325-6150; www.leerowan.com. **Products shown: septic-friendly waste disposers**—In-Sink-Era (address above). **Bathroom vent fans, entry door chimes** Broan-Nutone (address above). **Under-cabinet and ov cabinet low-voltage lighting,** "Linea"; **indirect fluoresc lighting,** "Corelite"; **built-in exterior stair lighting,** "Zuma" Lumiere, Div. of Cooper Lighting (address above).

**Happy Thanksgiving**

**Pages 199-206: buffet tables**—Guy Chaddock & Co., Henry Adams St., #480, San Francisco, CA 94103; 415/6 8828. **Ceramic footed oval serving bowl**—The Cyclam Collection, 2140 Livingston St., Oakland, CA 946 510/434-7620.
**Page 202 (*top*): serving bowls,** "Nova"—The Cyclam Collection (address above). **(*Bottom*): soup plate a dinner plate,** "Edme"—Waterford/Wedgwood USA; fo retailer near you call 800/677-7860.
**Page 204: oval ceramic serving bowl,** "Forma"—T Cyclamen Collection (address above). **Orange and r shawl,** "Fire" by Triangle Studio—through Forty Five T 4510 McKinney Ave., Dallas, TX 75205; 214/559-4510.

**Reader Shopping**

**Page 137: Fruit Gift**—Gracewood Groves, 1650-90th Av Vero Beach, FL 32966. **Cookies and Cocoa Gift**—Watki Inc., 150 Liberty St., Winona, MN 55987-0570.
**Page 147: Fritillaria Imperialis Lutea**—K. Van Bourgondi and Sons, 245 Route 109, Babylon, NY 11702. **Daylilies** Oakes Daylilies, P.O. Box 268, 7821 Corryton-Luttrell R Corryton, TN 37721
**Page 218: 10-Inch Angel Food/Pound Cake Tube Pan** Nordic Ware, Highway 7 & 100, Minneapolis, MN 5541
**Page 225: Soup Spoons**—RSVP International, Inc., 402 13th Ave. West, Seattle, WA 98119.
**Page 228: Cast Iron Skillet**—Lodge Mfg. Co., Sixth St. at Ra road Ave., South Pittsburg, TN 37380
**Page 233: Jumbo Gingerbread Cottage Cutter Set**—R& International Corp., 6250 Kellers Church Rd., Pipersvil PA 18947.

## architects & designers

**Make Room for Romance**

**Pages 157-166: interior designer**—Ann Pirhonen, T Gatehouse, 11706 Ohio Ave., Los Angeles, CA 9002 310/473-3729; www.gatehousela.com.

**Family-Friendly Basements**

**Pages 86-89: interior designer**—Julie Browning Bov Rosalind Brinn Pope Interior Design, 6310 Ferguson S Indianapolis, IN 46220; 317/475-1906
**Pages 90-93: builder**—Ronald J. Roell, Ron Roell Custo Remodeling Specialist, 5852 Glenway Ave., Cincinnati, C 45238; 513/922-3839; www.ymove.com.

**Parent-Pampering Baths**

**Pages 80-83: architect**—George Hollowell, Studio Pacific Ltd., 1402 Third Ave., Ste. #1224; Seattle, WA 9810 206/292-9799; www.studiopacifica.com

**Home for Healthy Living**

**Pages 169-178: architect**—Ken Dahlin, Genesis Archite ture & Planning, 6929 Mariner Dr., Ste. C, Racine, WI 5340 393-8, 262/886-6656. **Builder**—Ralph M. Haskins, Certifi Graduate Master Builder, Haskins Construction, Inc Haskins Homes, 101 Main St., P.O. Box 57, Boonville, M 50038; 515/987-2277. **Landscape designer**—Ann Hutchin Garden Design, 3909 River Oaks Dr., Des Moines, IA 5031 4638; 515/274-5381. **Lighting design**—Cooper Lightin Customer First Center, 1121 Hwy. 74 S, Peachtree City, G 30269; 800/642-7146.

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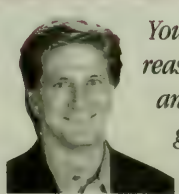
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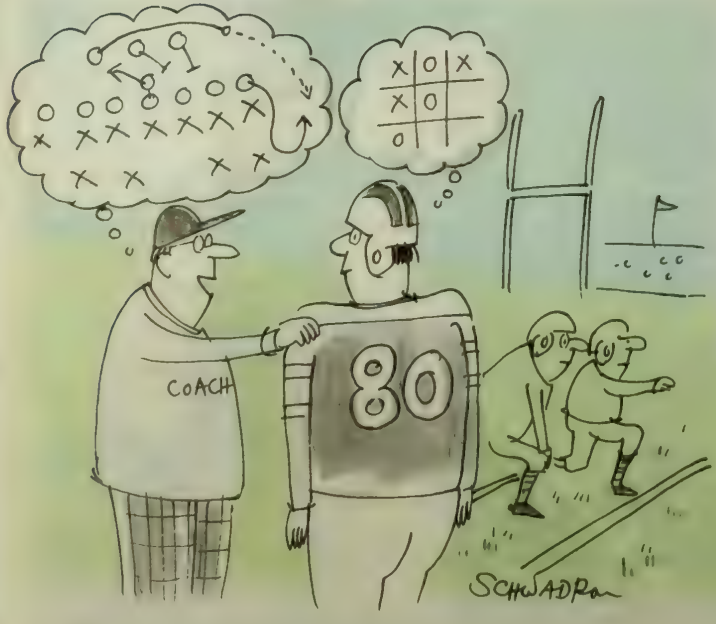
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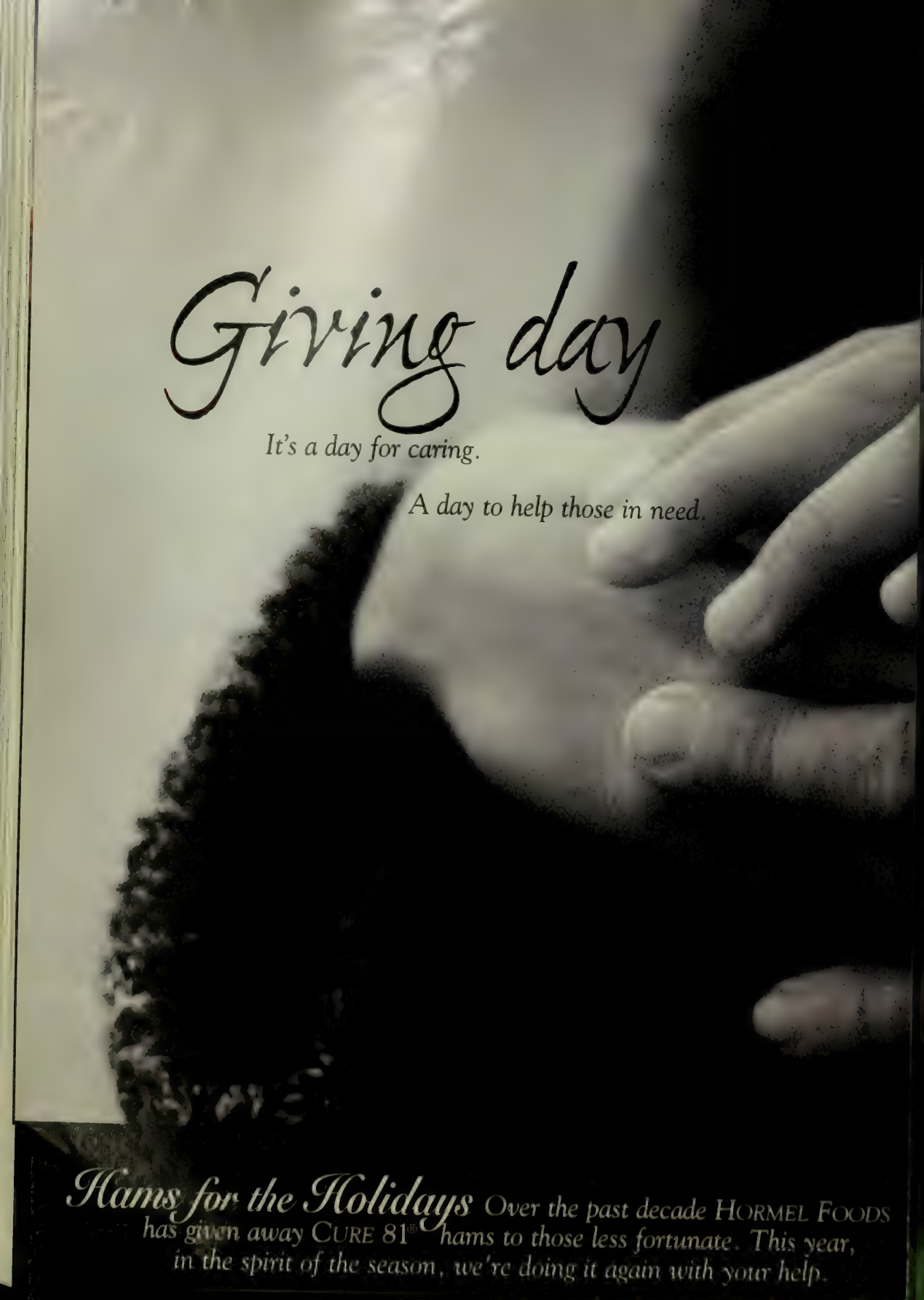

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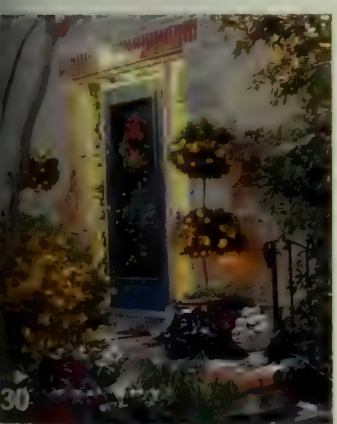
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The end-of-the-year holidays offer wonderful opportu nities for us to make differences both big and sma Whether we celebrate Christmas, Hanukkah, Kwanza, these holidays naturally focus our attentio and efforts on the big things in life: A reconfirmatio of one's faith, a special trip home to be with loved ones, or th passing on of traditions to the next generation. They als provide a stage for smaller gestures of affection and generosity– taking cookies to a care center for the elderly, writing a long overdue letter to an old friend, or giving to a local charity.

This year, our holidays will be set against national event none of us could have imagined. But we will still celebrate we will gather together, and we will find ways to make difference. In so many ways, our holidays epitomize all tha is right and good in the world, and that won't change.

Illustrating how much this is true is a story written b Faith Baldwin that appeared in the December 1941 issue o *Better Homes and Gardens*®. On the subject of her family' holiday traditions, she wrote: "Christmas in our house, thru good times and bad, has always been the highlight on our year It is happiness and it is peace. It is being together and friendly warmth, a hopeful looking upward— no matter how perilous the times, how sad or how hard."



I agree wholeheartedly with Faith. The holidays are a hopeful looking upward—and they always will be.

Karol DeWulf Nickell

Karol DeWulf Nickell, Editor in Chief

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## family network

### Good-bye to daily dinner dilemmas

In a house full of picky eaters, I've learned to ask my family to rate each dinner: Is it a keeper? If they vote to eat that dish again, I file the recipe in my personal "Sure-Bet Cookbook"—a three-ring binder with clear plastic pages that display recipe cards in slip-in pockets. During the dinner-rating process, I also ask the family to suggest alternative side dishes, and I note their ideas on each card.

Abigail Feinknopf
Columbus, Ohio

### Send holiday care packages

Older teens or away-at-college relatives appreciate receiving "care packages" for Christmas. Pack a box with nonperishable foods (soups, spaghetti sauces, salsas, coffee, and peanut butter) and toiletries (soap, shampoo, deodorant, toothbrushes, and toothpaste). This is my son's favorite gift. To personalize the gift, ask for the teen's preferred brands.

Sharon Tarter
El Paso, Texas

### Ledger helps teach kids fiscal responsibility

At the age of 13, our children each received a ledger as part of our plan to teach them budgeting skills and the value of a dollar. They created monthly budgets for clothing, sports equipment, entertainment, and friends' birthday gifts. We provided guidance, but they did their own shopping and had to live within their established budgets. They learned to watch for sales to avoid over spending. They'd save their receipts and we would reimburse them up t the budgeted amount.

Cindy Wear
Moberly, Mo

### Grandmother creates crafts camp

A friend of mine hosts weeklon "camps" at her home for six of he great-grandchildren. This year' theme was Native American culture and the activities included crafts sewing, cooking, and even cleaning The children created masks, drums rattles, and dream catchers. They designed replicas of a tribal counci house. All of them kept daily journals of their experiences. She structured the days so that no one had a chance to get bored.

Joanne L. Harris
West Palm Beach, Fla.

### Personalized gifts: Chores completed cheerfully

For Christmas my daughter gives friends and family coupons for jobs she will do for them, such as "five loads of laundry, including washing, drying, ironing, folding, and putting away." Other coupons she's given include: "Will give cat a flea bath" and "Will mop and wax the floor." Recipients tell me how thoughtful she is for thinking of chores they least like to do, and how she goes about the work quite cheerfully.

Jacqueline Tourville
South Burlington, Vt.

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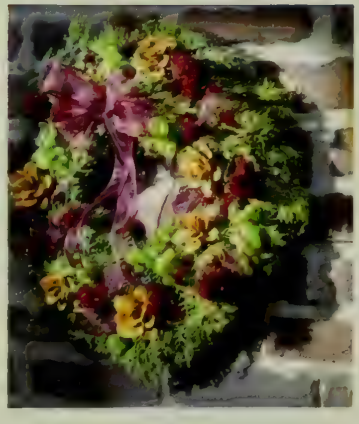

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See a complete list of rules on page 221.

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# Decorating in the Nick of Time

'Tis the night before Christmas...

and "Bah! Humbug!" best describes

your house. Don't panic. These elegant

trimmings take minutes to make, and

you may have the materials on hand.

by Jim Williams and Sharon Overton



Reindeer can't resist the sight of fresh apples hanging in a frosty window. Cut 12-inch lengths of wire ribbon, fold in half, and then knot and tie a bow 6 inches from the fold. Spear the ribbon to the apple with a T-pin.

continued on page 22



## decorating in the nick of time

continued from page 21

**Bright blooms**
Put the spotlight on snowy flowers by showcasing each bloom with a single tall taper (*left*). A drop of wax at the bottom of a cylindrical vase secures the candle. For safety, cut flowers several inches taller than candles.

**Silver and gold**
Glistening silver balls and beads reflect the golden glow of candlelight in this sophisticated table topper (*below*). Fill a bowl to overflowing with shiny ornaments, then pack in white and ivory candles of various sizes.



## let it shine, let it shine, let it shine

**Night light**
Don't neglect the powder room when decorating for the holidays. Twin candles, vintage ornaments, and a beaded garland dress up a shelf (*near right*).

**Crown jewels**
A simple chandelier looks regal bedecked with a white bow and a handblown ornament (*far right*).

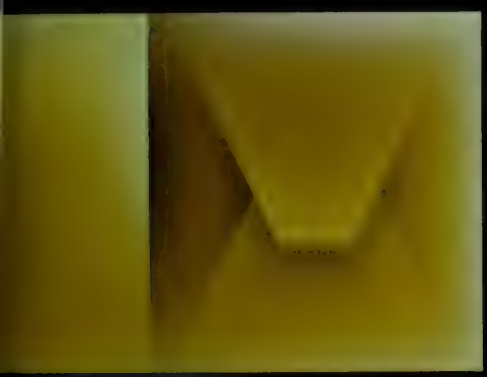
continued on page 24





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## decorating in the ni

continued from page 22

**Twelve days**
Rosemary topiaries last well beyond the holidays. A bird ornament provides a seasonal twist (*near right*).

**Gathering moss**
To make the moss ball (*far right*), wrap a small beach ball with lights, taping to secure. Hot-glue moss to cover.

**Take a bough**
...and tuck it under a soap dish to give the bath a fresh forest scent (*bottom right*).





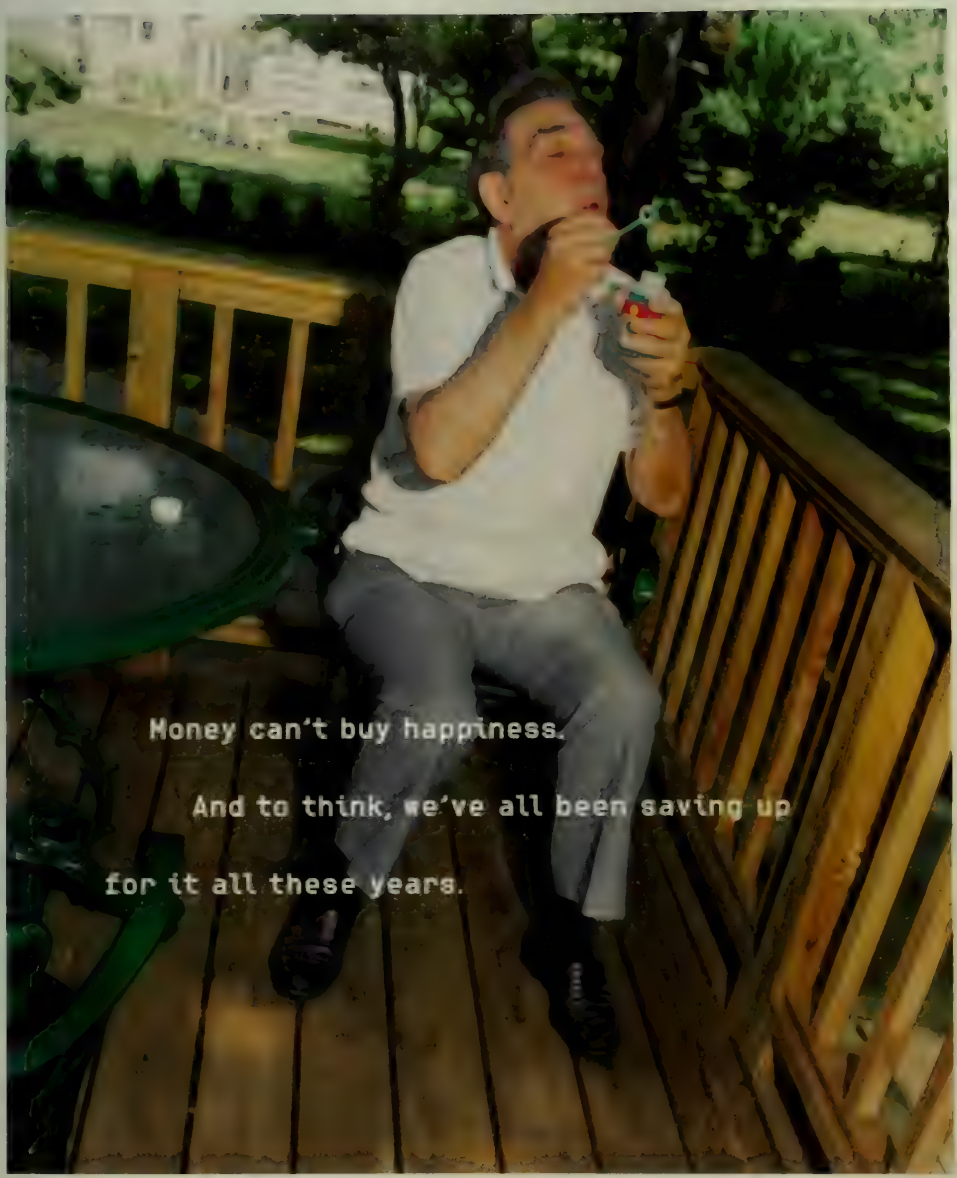
## kiss your beau, while cuddling under the mistletoe





**Pretty panes**
Swaddled in cheesecloth, white tree lights give off a diffused glow (*left*). Swag the cloth over a window frame, then festoon the corners with satin ribbons and silver foliage.

continued on page 26




*When you are old and gray and looking back on the years, it is doubtful you will recall*
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## decorating in the nic

continued from page 24

**Holiday on ice**
A gathering of friends is cause for celebration. Chill sparkling wine on a bed of frozen cranberries (*below*). Star-shaped ice cubes add extra twinkle. To order star-shaped ice-cube trays, see *page 157*.

**Wonder deer**
A kitschy plastic reindeer from the 1950s looks newly elegant paired with modern matte-white dishes and paper-white narcissus (*right*). Retro ornaments are hot collectibles; look for them at yard sales and thrift shops.





**What a dish**
Tempt the eye and tickle the taste buds by gathering red-and-white candies in old and new glass containers (*near right*).

**Pining away**
Real pinecones mingle with glass look-alikes, a beribboned ball, and a charmingly distressed cherub on an old ironstone platter (*far right*).

Buying information, page 220

## ho, ho, ho, merry christmas!





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# holiday greens

**Dark green and dense,** hybrid yews are hardy to Zone 4. Yews come in wide, narrow, and rounded shapes. All have needle-shaped leaves and can be sheared.

**The thick evergreen** leaves of the catawba rhododendron have no fear of snow and cold. Spring brings purple blooms.

by Mark Kane

Under the dull sky of winter, do not resign yourself to a yard that's all gray and deep asleep. Satisfy your yen for color and life by planting evergreens—the shrubs and trees that hang onto their leaves and stay green in spite of the cold. Regina Murphy thinks the rhododendron and yew at her door (*above*) were probably planted when the house was built 50 years ago. She says, "I like these evergreens. They look so beautiful in the snow and they hold the promise of spring." Good enough, eh?

continued on page 32



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continued from page 30



**Deck the halls** with boughs of, yes, holly. This flourishing tree with the glossy, prickly leaves and red fruits is a hybrid called Nellie R. Stevens. It's hardy through Zone 7.

## green and bright all winter

**The Carolina rhododendron** is hardy in Zone 5. Its flowers come in spring and range from pink-purple to white.

The front door of Leslie Purple's house (*above*) greets family and friends with a cheery collection of evergreens and holiday lights. She says, "I wanted it to be welcoming and have interest year-round. I love the contrasting colors of evergreens and their berries. They remind me of the holidays." In front of the door is a boxwood hedge. A few boxwoods, such as Green Gem, are hardy in Zone 5; the others in Zone 6. On either side of the door are Chinese juniper topiaries. Evergreens in pots need protection from weather colder than 10 degrees—roots are less hardy than leaves and branches.

continued on page 34




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## Holiday Greens

continued from page 32



**Speckled with yellow,** the shiny leaves of aucuba Gold Dust lend a tropical look to the landscape, yet this shrub is hardy in Zone 6. It bears shiny red berries in fall.

**Bright berries** hang in clusters on nandina, a tall shrub that is evergreen in Zone 6. White flowers cover the plant in spring.

we'll be fine, say green leaves in the snow

The word evergreen tends to call up images of conifers—trees and shrubs with needle-shaped leaves—but (hooray!) there are plenty of evergreens, such as nandina (*right*), that have broad leaves and even showy flowers. Use them for variety. "Nandina is one of my favorite plants," says Robert Yeabsley, a landscape designer. "It has interest 12 months a year, and its upright habit gives size in a garden."

continued on page 36





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continued from page 35

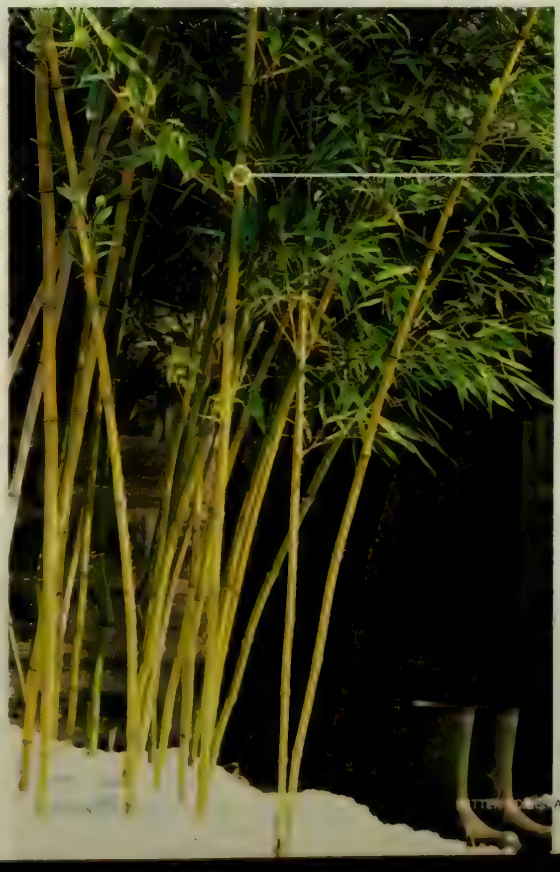


**A southern magnolia** in the snow? Sure, if it's Edith Bogue, hardy in Zone 7, maybe 6. The leaves are up to 8 inches long, and the creamy white flowers are even bigger.

## from the south, but fit for cold and snow

In tough winters, evergreens with broad leaves can use your help. The leaves keep losing water even when the ground is frozen. So try to plant evergreens where they have some shelter from dry north winds—the south or southeast side of the house is good. Also, mulch your evergreens to delay freezing and keep the ground moist. Finally, make sure they have water until the ground freezes for the winter.

continued on page 38



**The fishpole bamboo** (*Phyllostachys aurea*) doesn't need boots to warm its feet—snow or no snow. It's hardy in Zone 6, here at the Morris Arboretum in Pennsylvania.



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*Coconut Treasure Macadamia Nut Cookies*

*(Makes about 3½ dozen cookies)*

- 2 cups all-purpose flour
- 2 teaspoons vanilla extract
- 1 teaspoon baking soda
- 1 large egg
- ½ teaspoon salt
- 1 pkg. (12 oz.) Toasted Coconut **Nestlé Treasures**, unwrapped and coarsely chopped
- ¾ cup packed light brown sugar
- ½ cup (1 stick) butter or margarine, softened
- 1 jar (7.5 oz.) macadamia nuts, coarsely chopped
- ½ cup vegetable shortening
- ½ cup granulated sugar

**PREHEAT** oven to 350 degrees F. Grease baking sheets.

**COMBINE** flour, baking soda and salt in small bowl. Beat brown sugar, butter, shortening, granulated sugar and vanilla extract in large mixer bowl until combined. Add egg; beat until creamy. Gradually beat in flour mixture. Gently stir in **Nestlé Treasures** and nuts. Drop dough by heaping tablespoon 2 inches apart onto prepared baking sheets.

**BAKE** for 9 to 10 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.



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continued from page 36

## the other greens

In spite of their name, evergreens come in more colors than gree and if you count the colors of the berries that some evergreens car all winter long, the palette resembles a rainbow. Start painting

**American holly** is a variable tree—sometimes spiny, sometimes not—with red berries or yellow ones, such as these on the cultivar called Canary. Hardy in Zone 7.



**Silver Queen** is one of many euonymuses with variegated leaves in tints from yellow to red. An upright shrub, Silver Queen is hardy and evergreen in Zone 5.

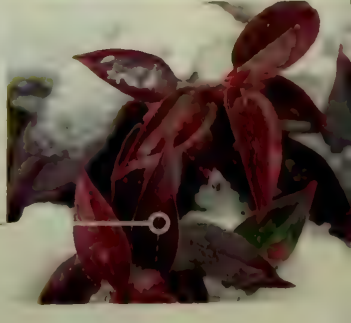


**The false cypress** has types with yellowish leaves, like this one, Crippsi. Hardy in Zone 6.

**Silvery blue needles,** bright all year, are the charm of a Colorado blue spruce.



**Arching stems** make leucothoe a nice contrast to stiffer shrubs. This is Lovita, which turns bronze in winter. Hardy in Zone 5.



Buying information, page 220




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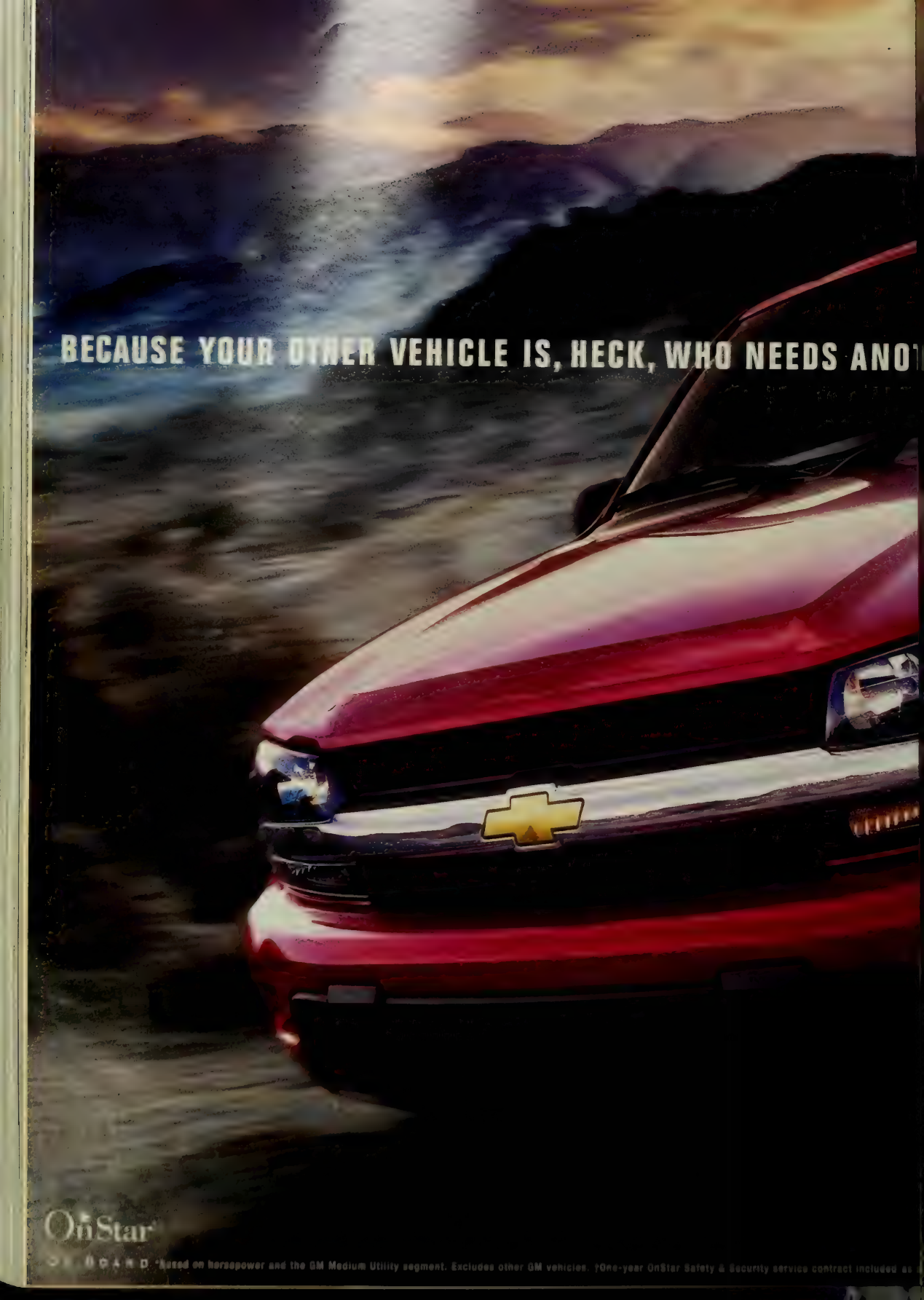


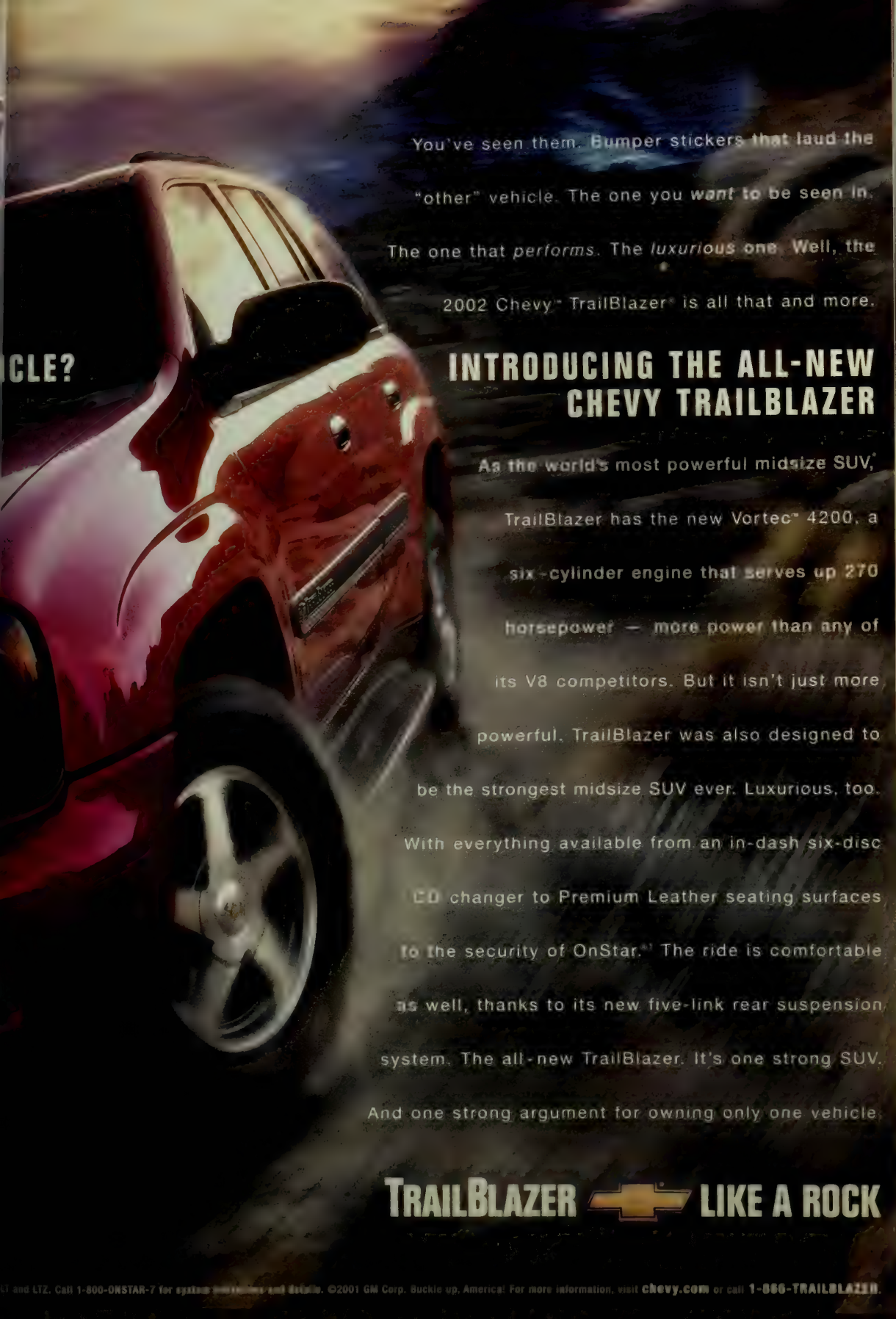

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As the world's most powerful midsize SUV,* TrailBlazer has the new Vortec™ 4200, a six-cylinder engine that serves up 270 horsepower — more power than any of its V8 competitors. But it isn't just more powerful. TrailBlazer was also designed to be the strongest midsize SUV ever. Luxurious, too. With everything available from an in-dash six-disc CD changer to Premium Leather seating surfaces to the security of OnStar.** The ride is comfortable as well, thanks to its new five-link rear suspension system. The all-new TrailBlazer. It's one strong SUV. And one strong argument for owning only one vehicle.

**TRAILBLAZER LIKE A ROCK**

LT and LTZ. Call 1-800-ONSTAR-7 for system [illegible] and details. ©2001 GM Corp. Buckle up, America! For more information, visit chevy.com or call 1-866-TRAILBLAZER.

# Our Eight Nights of Light

by Rita Brownstei

In Connecticut, where December nights can be cold and dark, there's nothing more inviting than th soft glow of candles in the window. Each night for eight nights, we light an additional candle in th menorah, an event that seems as special for adults as it is for children. Perhaps it's because the essenc of Hanukkah is expressed in that single moment, when light prevails over darkness, and we're reminde to make the world a better place. For my family, friends, and neighbors, I try to make sure that th festivities within our home are as wonderful as the announcement in our window—it's Hanukkah!

continued on page 4
Project instructions begin on page 14





HOSTESSES
Rita Brownstein, shown with her daughter Ariel, is the author of *Jewish Holiday Style*. You're invited into her home, where the celebration is in full swing.


RIDERS
Jeans that fit.
Beautifully.

## Our Eight Nights of Light

continued from page 42

# From whirling dreidels to stacks of gifts—Hanukkah is a holiday for children.

The original story of Hanukkah—when a small band of Jewish soldiers reclaimed the Holy Temple in Jerusalem—is one of religious freedom. So it's appropriate that families express the holiday uniquely. I enjoy decorating. This year, I softened the traditional blue and white hues of Hanukkah to blend with my home's colors—pale greens, blues, and silver.





OH DREIDEL

Our friend, Jodie Salzberg, gives th dreidel a spin to see how much of the kitty she'll take in this game of chance.

IT'S A WRAP

Who says Hanukkah wrap has to be blue and white? These simple papers are embellished with a mix of ribbons and "tie-ons." Rolled tin from the crafts store is cut into Stars of David. I use rubber stamps to decorate fabric ribbon with a heartfelt message. Glued-on dreidels and chocolate "gelt" coins also dress gifts in the season's spirit.

continued on page 46




# ET A FREE PRETREATER ONLINE.

# IT'S A LOT CHEAPER THAN REPLACING THAT SHIRT FROM GROOVYTHREADS.COM

*nnouncing the Buy Nothing And Get A Tide Kick Free Sale. That's right, just visit www.tide.com and we'll give you the latest in state-of-the-art pretreaters. Used with our Deep Clean Formula, it gets rid of more of your stains than any leading pretreater and other regular liquid combined. Imagine, the best results with just one product. Oh, what the heck, when you're online you might as well treat yourself to another shirt.*

Tide Kick

continued from page 44

# Sure we love to watch the [illegible]n, but dreidels look great hanging around.

One of the most playful motifs of the holiday is the top known as the dreidel...so, I say, the more dreidels the better! Here's a paper garland (*below*) to make that will liven up your home. If you don't have a mantel, the garland can drape a doorway, a window, or a banister. Unstrung, the dreidel can be used to hold favors at table place settings.





**STRINGING ALONG**
My son, Ben, laces paper dreidels onto string to make a garland.

**MANTEL SCAPING**
I redecorate my mantel for the fun of it. In happy color combinations, the paper garland gets the mood spinning. A lacy layer of eucalyptus and lemon leaves gives a natural lift. As a final comment, I worked in a gift from my friend, Donna Koplowitz. Donna purchased letters to spell "joy," but left off the "j" to make the multi-purpose Yiddish expression—OY!

continued on page 48





# lordy, *lordy*

your best friend's turning 39 (again). Last year

when she turned 39 you never would have dreamed of making her a cake.

But Betty Crocker® ***Whipped Frosting*** has changed everything.

At last, frosting so light it

***won't tear your cake.***

There's no other frosting so ***easy to spread.***

So your cake will be as beautiful

as the smile on the birthday girl's face.






Betty Crocker®

...what a great *idea.*™

## Official Rules

**No Purchase or MasterCard® Card Transaction Necessary to Enter or Win. PIN-Based Transactions Not Eligible For Automatic Entry. Purchasing Will Not Increase Your Odds Of Winning. Full Rules Available at MasterCard.com**

All entries and/or participation [illegible] MasterCard and all other laws, [illegible] Void where prohibited. **Eligibility:** Sweepstakes is only open to MasterCard [illegible] as of 11/1/01 and who are legal residents [illegible] of the 50 United States or the District of Columbia, 18 years of age or older [illegible] and employees of MasterCard International Incorporated ("Sponsor") and their [illegible] and [illegible] and their respective families, as [illegible] at MasterCard International Incorporated ("Sponsor") and [illegible] are ineligible to enter. Sponsor's Priceless Holiday Gifts™ Sweepstakes is subject to all federal, state and local laws and regulations. Void where prohibited. **How To Enter:** [illegible] the Sweepstakes entry for each eligible MasterCard card purchase made between Central Time ("CT") on 11/1/01 and 11:59:59PM CT on 12/31/01 [illegible] adjustment transactions, returns, PIN-based transactions, cash payment [illegible] advances, annual fees and/or balance transfers are not eligible for the Sweepstakes entry. Entries from unauthorized card use or [illegible] MasterCard cards are void. Limited to [illegible] of good standing [illegible] privileges suspended or revoked per Sweepstakes entry rules [illegible] Priceless Holiday Gifts™ Sweepstakes web page located at www.mastercard.com [illegible] MasterCard during the promotion period and [illegible] complete the [illegible] accordance with the instructions provided. **Only one online entry per person or per e-mail address will be accepted for the Sweepstakes. Additional entries received from any such person or e-mail address thereafter will be void;** [illegible] when you hand print your name, complete mailing address, telephone number, [illegible] digits of your MasterCard account number on either a 3 ½" piece of paper or envelope to: MasterCard® Priceless Holiday Gifts™ Sweepstakes, PO Box [illegible] 06673-3145. Enter as often as you wish by mail, but each entry must be [illegible] received by 1/9/02. Incomplete entries are ineligible. No photocopied [illegible] mechanically reproduced or mass entries permitted. Your use of any [illegible] purchase and/or your submission of an online or mail-in entry constitutes [illegible] in this Sweepstakes and your consent for Sponsor to retain and process your [illegible] information in PST for the purpose of administering this Sweepstakes [illegible] as permitted by applicable law. Sponsor is not responsible for [illegible] misdirected postage due or mutilated entries or mail, technical, [illegible] or mail functions of phones, phone lines, or telephone systems, [illegible] computer hardware or software, or inaccurate entry information. Another [illegible] programming used in this Sweepstakes, human processing errors, [illegible] night, in its sole discretion, to void any and all entries of an entrant who, in Sponsor's [illegible] attempted to tamper with or impair the administration, security, fairness or proper play of this Sweepstakes. The use of automated entry devices is prohibited. **One Grand Prize:** A total of five Priceless Holiday Gifts™ experiences ("experiences") will be awarded to one winner. Winner may opt to transfer without receiving compensation any of the five experiences, subject to Sponsor's prior approval, to a third party(s) who is a legal resident of the 50 United States or the District of Columbia, 18 years of age or older ("recipient"). 1) African Safari: 10-day safari for two to [illegible] in Botswana, including the opportunity to meet world-renowned wildlife [illegible] and Beverly Joubert, consisting of round-trip first-class air transportation from the [illegible] gateway city (New York, Atlanta or Toronto), double-occupancy accommodations, ground transfers, select meals, a digital camera, and $14,300 spending money. Recipient's [illegible] air transportation to/from major airport near recipient's/winner's residence to the [illegible] gateway city will be provided. Recipient/winner and guest must be 18 years of age or older, have valid passports, visas, and proper immunizations at time of departure. Blackout dates, accommodation, and other travel restrictions may apply. Exact make/model of digital camera awarded at Sponsor's sole discretion. Approximate Retail Value ("ARV"=$43,300). 2) Jordan Formula One™ 3-day 5-night trip for two to England to watch the Jordan Formula One™ team compete in the 2002 Grand Prix at Silverstone, consisting of round-trip first-class air transportation from major airport near recipient's/winner's residence in the U.S. double-occupancy hotel accommodations, ground transportation to/from a prize-related activities, a city tour, a makeover for recipient/winner and guest including select spa treatments, hair and style, makeup, and lunch, a total of $5,000 to be used toward a personal shopper and designer clothing for the awards ceremony, two tickets to both the My VH1 Music Awards and the event party, a photographer to capture the moment on film, and $9,850 spending money (ARV=$29,980). Recipient/winner must be 18 years of age or older. Guest of a minor must be accompanied by a parent, legal guardian, or immediate family member. Accommodation and other travel restrictions may apply. Trip must be taken on dates specified by Sponsor. If a specified event/activity is unavailable for any reason on the dates specified by Sponsor, balance of prize will be awarded in full satisfaction of prize award. 3) Executive Chef Dinner hosted by executive chef Sara Moulton of *Gourmet* Magazine for recipient/winner and up to seven friends, at winner's home consisting of a 5-course meal, a table stylist and floral arrangements, a minimum $599 worth of All-Clad® professional cookware, eight copies of *The Best of Gourmet 2001* hand signed by Sara Moulton and $2,170 spending money (ARV=$6,569) and 4) Space Exploration Trip for four for a total of 7-days and 6-nights consisting of first-class air transportation, originating from major airport near recipient's/winners residence in the U.S. to Huntsville, AL, continuing on to Houston, TX via coach air transportation and returning to airport of origin via first-class air transportation. In Huntsville, AL, recipient/winner will receive 3-nights hotel accommodations for four, ground transfers and experience simulated space exploration. If a parent/child training camp is offered, adopting must be between seven and eleven years old. In Houston, TX, recipient/winner will receive 3-nights hotel accommodations for four and a behind-the-scenes tour of the Space Center Houston™ accompanied by an astronaut designated by Sponsor. Experience also includes a telescope and $9,795 spending money (ARV=$29,641). Minors must be accompanied by a parent, legal guardian or immediate family member. Blackout dates, accommodations, and other travel restrictions may apply. If a specified event/activity is unavailable for any reason on the dates specified by Sponsor, balance of prize will be awarded in full satisfaction of prize award. Exact make/model of telescope awarded at Sponsor's sole discretion. Total ARV of all five experiences=$160,125. All celebrity appearances are subject to availability. If any named celebrity is unavailable to attend a specified event for any reason, an individual of similar stature as determined by Sponsor will participate in his/her absence. Prize details not specifically set forth herein are at the sole discretion of Sponsor. **Winner Selection:** Winner will be selected in a random drawing on or about 1/16/02, from among all eligible entries received by PST, conducted by [illegible] whose decisions will be final and binding in all matters relating to this Sweepstakes. Winner will be notified by telephone and/or mail. Prize will be awarded to the primary account holder age determined by the MasterCard member financial institution's account records, and, if awarded to a corporation, to the account designated by the MasterCard card user to make the entry or referenced on the mail-in or online entry. If appropriate MasterCard card winning account is specified, prize will be awarded to the individual named on the MasterCard card that is used to transact the winning entry, as

DustBuster® for mom: $29



DustBuster that comes with African safari for mom: priceless

very time you use your MasterCard® this season, you'll have the chance to turn any gift into five priceless gifts for your loved ones, including an African safari with *National Geographic* wildlife filmmakers, a trip to the British Grand Prix, a space adventure family vacation, a trip to the My VH1 Music Awards, and a five-course dinner party hosted by *Gourmet's* Executive Chef, Sara Moulton. Go to mastercard.com for details.

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rchase necessary. PIN-based transactions not eligible for automatic entry. Void where prohibited. Sweepstakes begins 11 1 01 and ends 12 31 01. Eligibility restrictions apply cent page for Official Rules and complete details. DustBuster® is a registered trademark of The Black & Decker Corporation. © 2001 MasterCard International Incorporated.

continued from page 48

# The sizzle of Hanukkah begins and ends with potato latkes—it's all about the oil.

For the purist, classic potato latkes—made with grated potatoes, eggs, and matzo meal—are a must. For a tasty twist, try sweet potato latkes and root vegetable latkes. I make latkes before guests arrive and warm them in a 350° F oven, so I can enjoy my company.

To order a copy of Rita Brownstein's book, *Jewish Holiday Style*, see page 144.





**TABLE GRACE**
Ariel grates the spuds while I drop them into a hot skillet. Why latkes? They're cooked in oil, which, like the menorah, recalls the lamp in the original Temple. Though the lamp had enough oil for only one day, it lasted for eight.

**LACY LATKES**
The best potatoes for classic latkes are Idaho or russet. *From left:* Root-vegetable, sweet-potato, and classic latkes. Serve them with sour cream and fresh applesauce.

Latke recipes appear on page 186

Project instructions begin on page 144

# w will you take care of your
# h cholesterol and heart disease?



e always loved to dance. So I was thrilled when my oldest grandson wanted to follow in my tsteps. But before our first lesson, I had a heart attack. I needed to lower my cholesterol. Diet and rcise didn't do it—my cholesterol was still too high. So I asked my doctor about adding ZOCOR. COR is an effective medicine that along with diet and exercise can significantly lower total cholesterol. linical study among people with high cholesterol and heart disease found 42% fewer deaths from heart ack among those taking ZOCOR.[1] One tablet, taken once a day, can help people with high cholesterol d heart disease live a longer, healthier life. **Important considerations:** ZOCOR is a prescription dicine and isn't right for everyone, including women who are nursing or pregnant or who may become gnant, anyone with liver problems, and people who are allergic to any ingredients of ZOCOR. explained muscle pain or weakness could be a sign of a rare but serious side effect and should be orted to your doctor right away. Your doctor may do blood tests before and during treatment with ZOCOR check for liver problems. To avoid serious side effects, discuss with your doctor medicine or food you uld avoid while on ZOCOR (see details immediately following this ad). Ask your doctor if ZOCOR is t for you. For more information call 1-888-6-MERCK-9 or visit www.zocor.com.

se read the additional information on ZOCOR immediately following this ad. Your results may vary.
% reduction based on 111/2,221 (ZOCOR) vs 189/2,223 (placebo)

ZOCOR
(SIMVASTATIN)

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It's your future. Be there.

# ZOCOR
(SIMVASTATIN)

**PLEASE READ THIS SUMMARY CAREFULLY, AND THEN ASK YOUR DOCTOR ABOUT ZOCOR. NO ADVERTISEMENT CAN PROVIDE ALL THE INFORMATION NEEDED TO PRESCRIBE A DRUG. THIS ADVERTISEMENT DOES NOT TAKE THE PLACE OF CAREFUL DISCUSSIONS WITH YOUR DOCTOR. ONLY YOUR DOCTOR HAS THE TRAINING TO WEIGH THE RISKS AND BENEFITS OF A PRESCRIPTION DRUG FOR YOU.**

## USES OF ZOCOR

ZOCOR is a prescription drug that is indicated as an addition to diet for many patients with high cholesterol when diet and exercise are inadequate. For patients with coronary heart disease (CHD) and high cholesterol, ZOCOR is indicated as an addition to diet to reduce the risk of death by reducing coronary death; to reduce the risk of heart attack; to reduce the risk for undergoing cardiac procedures (coronary artery bypass grafting and percutaneous transluminal coronary angioplasty); and to reduce the risk of stroke or transient ischemic attack (TIA)

## WHEN ZOCOR SHOULD NOT BE USED

Some people should not take ZOCOR. Discuss this with your doctor.

ZOCOR should not be used by patients who are allergic to any of its ingredients. In addition to the active ingredient simvastatin, each tablet contains the following inactive ingredients: cellulose, lactose, magnesium stearate, iron oxides, talc, titanium dioxide, and starch. Butylated hydroxyanisole is added as a preservative.

**Patients with liver problems:** ZOCOR should not be used by patients with active liver disease or repeated blood test results indicating possible liver problems. (See WARNINGS.)

**Women who are or may become pregnant:** Pregnant women should not take ZOCOR because it may harm the fetus. **Women of childbearing age should not take ZOCOR unless it is highly unlikely that they will become pregnant.** If a woman does become pregnant while on ZOCOR, she should stop taking the drug and talk to her doctor at once.

**Women who are breast-feeding** should not take ZOCOR.

## WARNINGS

**Muscle: Tell your doctor right away if you experience any unexplained muscle pain, tenderness, or weakness at any time during treatment with ZOCOR so your doctor can decide if ZOCOR should be stopped. Some patients may have muscle pain or weakness while taking ZOCOR. Rarely, this can include muscle breakdown resulting in kidney damage. The risk of muscle breakdown is greater in patients taking certain other drugs along with ZOCOR, such as the lipid-lowering drug Lopid (gemfibrozil), and other fibrates; lipid-lowering doses of niacin (nicotinic acid); Sandimmune (cyclosporine); itraconazole, ketoconazole, and other azole antifungal drugs; the antibiotics erythromycin and clarithromycin; HIV protease inhibitors; the antidepressant nefazodone; and the calcium channel blocker verapamil. Interruption of therapy with ZOCOR should be considered if you are going to take an azole antifungal medication, such as itraconazole, or macrolide antibiotics, such as erythromycin. Avoid drinking large quantities of grapefruit juice (more than one quart daily) while on ZOCOR. The risk of muscle breakdown is greater in patients with kidney problems or diabetes.**

**Because there are risks in combining therapy with ZOCOR with the products listed above, your doctor should carefully weigh the potential benefits and risks. He or she should also carefully monitor patients for any muscle pain, tenderness, or weakness, particularly during the initial months of therapy and if the dose of either drug is increased. Your doctor also may monitor the level of certain muscle enzymes in your body, but there is no assurance that such monitoring will prevent the occurrence of severe muscle disease.**

**If you have conditions that can increase your risk of muscle breakdown, which in turn can cause kidney damage, your doctor should temporarily withhold or stop ZOCOR. Also, since there are no known adverse consequences of briefly stopping therapy with ZOCOR, treatment should be stopped a few days before elective major surgery and when any major acute medical or surgical condition occurs. Discuss this with your doctor, who can explain these conditions to you.**

**Liver: About 1% of patients who took ZOCOR in clinical trials developed elevated levels of some liver enzymes.** Patients who had these increases usually had no symptoms. Elevated liver enzymes usually returned to normal levels when therapy with ZOCOR was stopped.

In the ZOCOR Survival Study, the number of patients with more than one liver enzyme level elevation to greater than 3 times the normal upper limit was no different between the ZOCOR and placebo groups. Only 8 patients on ZOCOR and 5 on placebo discontinued therapy due to elevated liver enzyme levels. Patients were started on 20 mg of ZOCOR and one third had their dose raised to 40 mg.

**Your doctor should perform routine blood tests to check these enzymes before you start treatment with ZOCOR and periodically thereafter (for example, semiannually) for your first year of treatment or until 1 year after your last elevation in dose. Patients titrated to the 80-mg dose should receive an additional test at 3 months.** If your enzyme levels increase, your doctor should order more frequent tests. If your liver enzyme levels remain unusually high, your doctor should discontinue your medication.

Tell your doctor about any liver disease you may have had in the past and about how much alcohol you consume. ZOCOR should be used with caution in patients who consume large amounts of alcohol.

## PRECAUTIONS

Before starting treatment with ZOCOR, try to lower your cholesterol by other methods such as diet, exercise, and weight loss. Ask your doctor about how best to do this. Any other medical problems that can cause high cholesterol should also be treated.

**Drug Interactions:** Because of possible serious drug interactions, it is important to tell your doctor what other drugs you are taking, including those obtained without a prescription.

ZOCOR® (simvastatin) can interact with cyclosporine (Sandimmune), itraconazole, ketoconazole, gemfibrozil, niacin, erythromycin, clarithromycin, HIV protease inhibitors, nefazodone, and verapamil.

To avoid possible serious side effects, avoid drinking large quantities of grapefruit juice (more than one quart daily) while on ZOCOR. (See WARNINGS, Muscle.)

Some patients taking lipid-lowering agents similar to ZOCOR and coumarin anticoagulants (a type of blood thinner) have experienced bleeding and/or increased blood clotting time. Patients taking these medicines should have their blood tested before starting therapy with ZOCOR and should continue to be monitored.

**Central Nervous System Toxicity; Cancer, Mutations, Impairment of Fertility:** Like many prescription drugs, ZOCOR was required to be tested on animals before it was marketed for human use. Often these tests were designed to achieve higher drug concentrations than humans achieve at recommended dosing. In some tests, the animals had damage to the nerves in the central nervous system. In studies of mice with high doses of ZOCOR, the likelihood of certain types of cancerous tumors increased. No evidence of mutations of or damage to genetic material has been seen. In one study with ZOCOR, there was decreased fertility in male rats.

**Pregnancy:** Pregnant women should not take ZOCOR because it may harm the fetus.

Safety in pregnancy has not been established. In studies with lipid-lowering agents similar to ZOCOR, there have been rare reports of birth defects of the skeleton and digestive system. Therefore, women of childbearing age should not take ZOCOR unless it is highly unlikely they will become pregnant. If a woman does become pregnant while taking ZOCOR, she should stop taking the drug and talk to her doctor at once. The active ingredient of ZOCOR did not cause birth defects in rats at 3 times the human dose or in rabbits at 3 times the human dose.

**Nursing Mothers:** Drugs taken by nursing mothers may be present in their breast milk. Because of the potential for serious adverse reactions in nursing infants, a woman taking ZOCOR should not breast-feed. (See WHEN ZOCOR SHOULD NOT BE USED.)

**Pediatric Use:** ZOCOR is not recommended for children or patients under 20 years of age.

**Geriatric Use:** Higher blood levels of active drug were seen in elderly patients (70-78 years of age) compared with younger patients (18-30 years of age) in one study. In other studies, the cholesterol-lowering effects of ZOCOR were at least as great in elderly patients as in younger patients, and there were no overall differences in safety between elderly and younger patients over the 20-80 mg/day dosage range.

## SIDE EFFECTS

Most patients tolerate treatment with ZOCOR well; however, like all prescription drugs, ZOCOR can cause side effects, and some of them can be serious. Side effects that do occur are usually mild and short-lived. Only your doctor can weigh the risks versus the benefits of any prescription drug. In clinical studies with ZOCOR, less than 1.5% of patients dropped out of the studies because of side effects. In a large, long-term study, patients taking ZOCOR experienced similar side effects to those patients taking placebo (sugar pills). Some of the side effects that have been reported with ZOCOR or related drugs are listed below. This list is not complete. Be sure to ask your doctor about side effects before taking ZOCOR and to discuss any side effects that occur.

**Digestive System:** Constipation, diarrhea, upset stomach, gas, heartburn, stomach pain/cramps; anorexia; loss of appetite; nausea; inflammation of the pancreas; hepatitis, jaundice, fatty changes in the liver, and, rarely, severe liver damage and failure; cirrhosis; and liver cancer.

**Muscle, Skeletal:** Muscle cramps, aches, pain, and weakness; joint pain; muscle breakdown.

**Nervous System:** Dizziness, headache, insomnia, tingling, memory loss, damage to nerves causing weakness and/or loss of sensation and/or abnormal sensations; anxiety, depression, tremor, loss of balance, psychic disturbances.

**Skin:** Rash, itching, hair loss, dryness, nodules, discoloration.

**Eye/Senses:** Blurred vision, altered taste sensation, progression of cataracts, eye muscle weakness.

**Hypersensitivity (Allergic) Reactions:** On rare occasions, a wide variety of symptoms have been reported to occur either alone or together in groups (referred to as a syndrome) that appeared to be based on allergic-type reactions, which may rarely be fatal. These have included one or more of the following: a severe generalized reaction that may include shortness of breath, wheezing, digestive symptoms, and low blood pressure and even shock; an allergic reaction with swelling of the face, lips, tongue, and/or throat with difficulty swallowing or breathing; symptoms mimicking lupus (a disorder in which a person's immune system may attack parts of his or her own body); severe muscle and blood vessel inflammation, sometimes including rash, bruises, various disorders of blood cells (that could result in anemia, infection, or blood clotting problems) or abnormal blood tests; inflamed or painful joints; hives; fatigue and weakness; sensitivity to sunlight; fever, chills; flushing; difficulty breathing; and severe skin disorders that vary from rash to a serious burn-like shedding of skin all over the body, including mucous membranes such as the lining of the mouth.

**Other:** Loss of sexual desire, breast enlargement, impotence.

**Laboratory Tests:** Liver function test abnormalities including elevated alkaline phosphatase and bilirubin; thyroid function abnormalities.

**NOTE: This summary provides important information about ZOCOR. If you would like more information, ask your doctor or pharmacist to let you read the complete prescribing information and then discuss it with them.**

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1-800-510-2808

Breathe new life into everyday greetings with displays that bring warm wishes in new ways. From natural to playful, these simple ideas give pretty cards a prominent post.

by Barbara Mundall and Jamie Beckman

# Season's Greetings



## BRANCH OU

Let nature take its course with this arrangement made from bittersweet branches. The wild, curvy lines of the branches make an airy arrangement for displaying multiple greeting cards. You can choose any type of branch, but we chose bittersweet because it continues to look good even after the berries dry. Give a length of grosgrain ribbon a half twist in the middle, then fold it in half. The ribbon will form a loop. Tape the ribbon to the back of a card, and attach the ribbon to the branches with a metal clip or wire.

continued on page 56

**ARDON US WHILE WE CHANGE THE WAY YOU THINK OF DOG FOOD.**

**ntroducing new Beneful™ brand dog food from Purina®.** You'll love the wholesome, ealthful blend of real ingredients. Your dog will love the irresistible combination of lavors and textures. It has the nutrition he needs. And the taste that keeps him happy, neal after meal. New Beneful from Purina.




**HEALTHFUL. FLAVORFUL. BENEFUL.™**

www.beneful.com

# Season's Greetings

continued from page 54

## HANGING AROUND

**Allow winter sunlight to enhance all that glitters when you dangle holiday cards in a window with glass ornaments and shiny beads. To make this zigzag pattern, attach removable plastic hooks to both sides of the window casement and string a garland of plastic beads from side to side. Use a simple one-hole puncher to puncture the cards, then tie cards and ornaments to the beads with metallic ribbon.**

continued on page 58



cards drop like jewels from glittering beads

# Their first snowman may quickly melt, but you can capture the memory forever.




Make the memory last with a Hallmark Keepsake Ornament. At the Hallmark Gold Crown Store near you, you'll find a wide variety of ornaments to help you capture special moments like these. So come in today and make this a Christmas to remember.

Hallmark

KEEPSAKE ORNAMENTS

**Visit a Hallmark Gold Crown® Store today.**

For the store nearest you, call 1-800-HALLMARK or visit Hallmark.com

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continued from page 56

## tuck treasured wishes into a forest-filled basket




**FINING AWAY**

**Weave wonders using a basket and pinecones to make a display for your favorite greeting cards. The portable display can double as a table centerpiece.**

**Pinecones make natural card stands; just clip out a few scales if necessary. Accent the basket with sprigs or berries. Play with different containers, such as a pottery serving dish or a wooden tray.**

continued on page 60

*Dinner's ready*

## *Stouffer's Family Style Favorites*

*Enjoy*





Dads have their own special recipe for fun. The same goes for dinnertime. Call them in for their favorite.

Stouffer's Family Style Favorites Lasagna. Freshly made pasta with rich layers of cheese and tomato sauce. A fun meal to share on a cold winter day.




Stouffer's

*Nothing Comes Closer to Home.*

www.Stouffers.com

USA

# Season's Greetings

continued from page 58

## BOUNCE BACK

**Bouncy spiral cording adds playfulness to the time-honored greeting card tradition. Like pipe cleaners, this type of string can bend and stretch to your will. Choose cording in red and green, and drape a strand across a window. Punch holes in the cards, cut varying lengths of the string, and hang the cards from the draping strand. Because of the simple materials, this is a fun project for children.**

continued on page 62



springy string invites cards to dance

Hershey Foods Corporation. York is a registered trademark. www.hersheys.com




ay Your Holidays Be Filled With Dark Chocolate And Cool Mint.
York Peppermint Pattie. **Get the sensation.**



continued from page 60

## build a house of cards with cord



### BUILDING BLOCKS

**Like children's blocks, these holiday card towers look great alone or stacked on top of one another. To make a cube, punch holes in four cards of the same size with a one-hole puncher. You might want to use a template to make sure the holes are in the same places on each card. Lace silk cord through the holes, tying one card to another. If you'd like a roof on your card house, use a pyramid-shaped pop-up card to make the pitch, or cut a card to make a triangular topper. One-story card houses could be used as dinner place settings; tuck in some tissue paper and a small gift.**

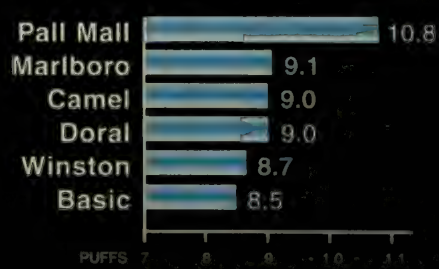
continued on page 64

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# TASTES SMOOTHER
# BURNS SLOWER
# LASTS LONGER

Filtered Pall Mall gives you more puffs than other major brands




Avg. Puffs Per Cigarette
Source: B&W Analytical Test Results (FTC Method)
Comparison of Pall Mall, Marlboro, Winston, Camel, Doral and Basic Filter Box 100's

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Menthol 12 mg. "tar", 1.0 mg. nicotine; Lights 12 mg. "tar", 1.3 mg. nicotine;
6 mg. "tar", 1.3 mg. nicotine, av. per cigarette by FTC method. Actual deliveries
y based on how you hold and smoke your cigarette. For more product information,
r website at **www.bw.com**

SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

Pacific Coast Feather Co.

# Fluffy for Life™

The Pacific Coast Feather family of natural bedding products includes down comforters, pillows, feather beds and duvet covers made with the finest quality materials and craftsmanship.

A great night's sleep, guaranteed.

COMFORTERS



PILLOWS



FEATHER BEDS



DUVET COVERS



For a free brochure or to find a retailer near you, call 1.866.433.9476 or visit us at **pacificcoast.com**.



continued from page 62

## old on to the spirit of holidays pa



### DOWN TO THE WIRE

**Bring the great outdoors in with wire garden edging originally intended to border flowerbeds. Tuck greeting cards into the arches, and surround the edging with greenery and fresh flowers to enhance the landscaping effect. Cover the bottom of the edging, meant to go underground, with a strip of colorful corrugated cardboard that is sold by the roll. Attach it with double-sided tape.**

Buying information, page 220

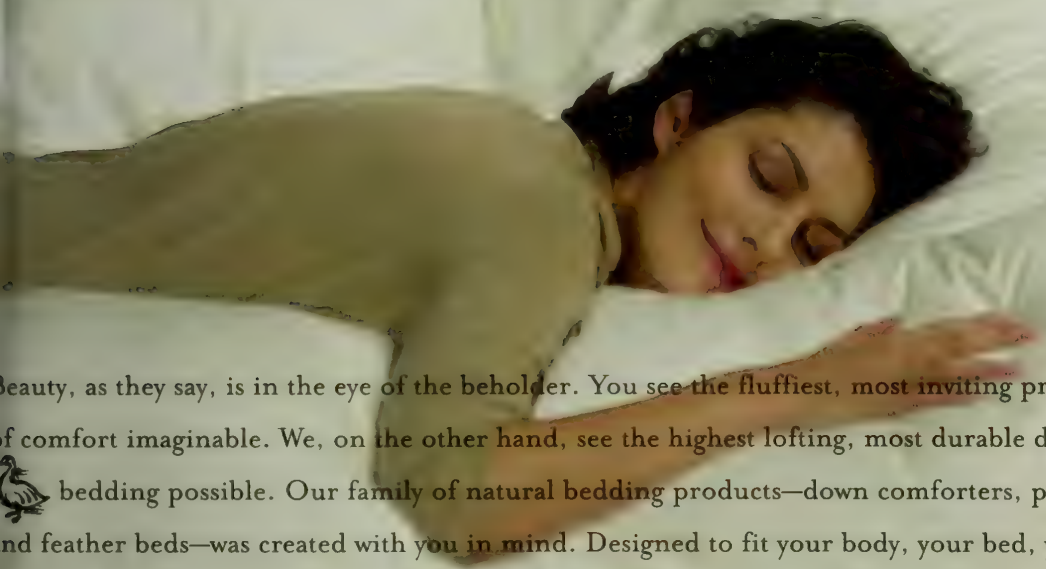


### BOOK IT

Curl up by the fire and relive holiday memories year after year when you create a greeting-card scrapbook. Paste cards into a blank album, and decorate the cover and inside pages with wrapping paper, metallic-pen drawings, stickers, stamps, or other artful ideas. Fill the book with text all your own: You can record others' major life events, such as births or marriages, next to the card that they sent you. The album also makes a useful permanent record for addresses of family and friends who are on your card exchange list. To keep the scrapbook tradition going, buy several albums in the same style, and label one for each year.

# 'OU SEE BLISSFUL COMFORT.

## 7e see Barrier Weave™ fabric and Comfort Lock® construction.



Beauty, as they say, is in the eye of the beholder. You see the fluffiest, most inviting promise of comfort imaginable. We, on the other hand, see the highest lofting, most durable down bedding possible. Our family of natural bedding products—down comforters, pillows and feather beds—was created with you in mind. Designed to fit your body, your bed, your lifestyle. We begin by selecting the very best down available. Then, we clean it using our Hyperclean® process which maximizes fluffiness and allows us to offer an allergy-free warranty unmatched in the industry. We finish with our high-quality Barrier Weave fabrics and innovative constructions, such as our patented Comfort Lock system which features a three-sided border that locks the down in place where you sleep, keeping it from shifting to the edges or bottom. The result is pure comfort. Guaranteed.

COMFORTERS



PILLOWS



FEATHER BEDS



**COMFORT GUARANTEE**

Try any of our products for 30 nights, and if you're not completely satisfied, we'll give you a full refund.

Pacific Coast Feather Co. Since 1894

Fluffy for Life™

For a free brochure or to find a retailer near you, call toll free 1.866.433.9476 or visit us at **pacificcoast.com**.

*Only Pacific Coast down is Hyperclean. If not completely allergy free, return to the store within 30 days for a refund.

by Jamie Beckman and Gina Harrell



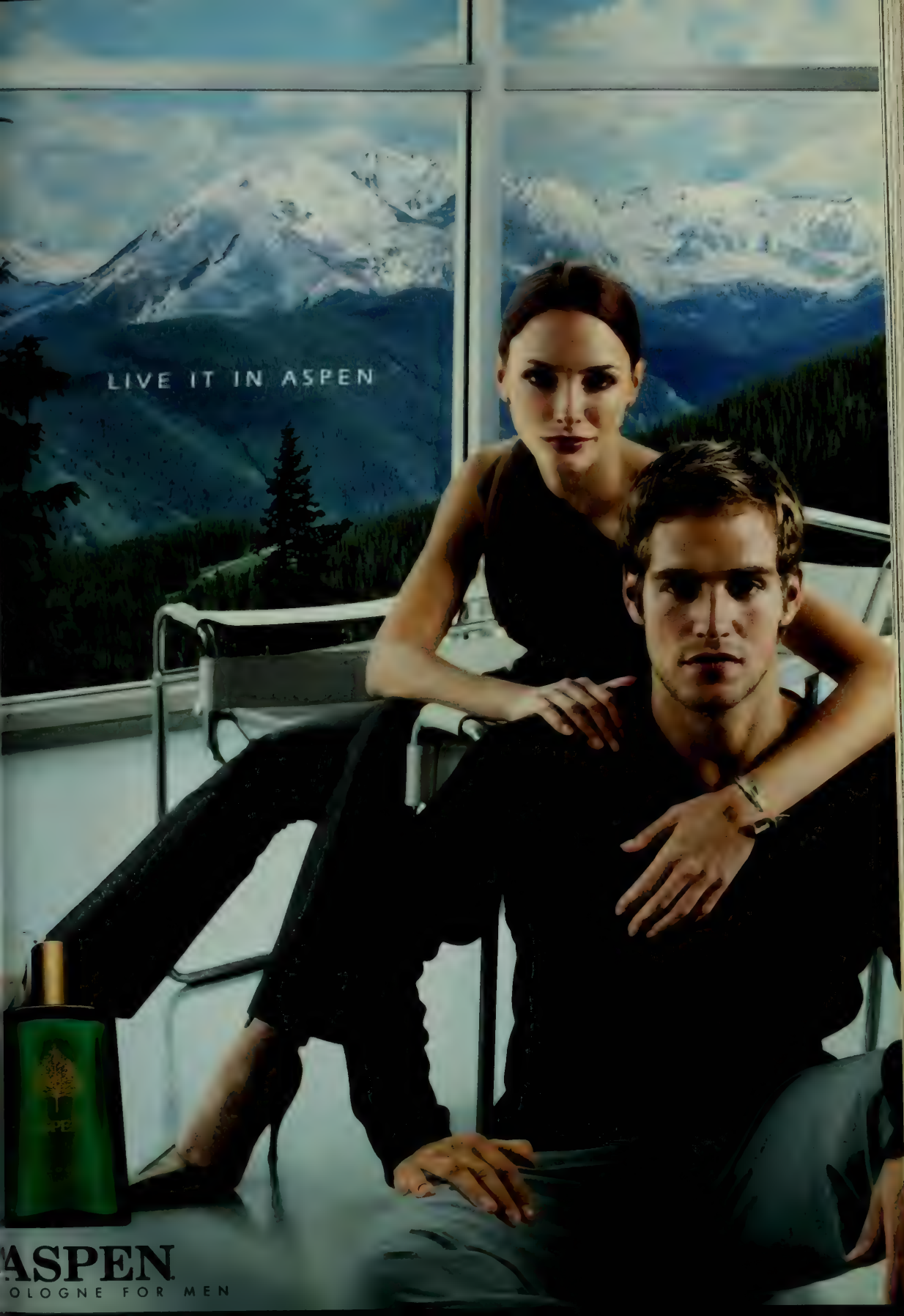
A coffee break never looked so appealing. The java junkie on your list will appreciate this assortment of sipping aides. Fill a wide-rimmed but modestly sized bowl with sugar cubes, and nestle a small envelope of gourmet coffee beans inside. Add a chocolate-dipped spoon if you'd like. Wrap it all up with a pretty ribbon.

# Gifts to Go

## for the coffee craver

These quick and creative gifts will let you get to everyone on your list ... without running out of time or money. Assemble make-ahead gifts that are ready to go at a moment's notice. Plus, the package is part of the present!

continued on page 68


LIVE IT IN ASPEN
ASPEN
OLOGNE FOR MEN

## Gifts to Go

continued from page 66

Give a tea-themed gift fit for a queen mother. Start off with a stylish cup-and-saucer set. Include a bag of a favorite tea and a dainty tea strainer, such as this tiny house, or fill the cup with tea cookies, scones, a cloth napkin, or a sugary stirring stick.





*I bet they'll be real hungry, Mom.*



Especially after delivering all those presents.

*I'm making a gooey one for Rudolph.*

Does Santa get some Toll House® cookies, too?

*He gets twenty cookies.*

Why so many?

*'Cause, maybe I'll get that many presents.*






Someone with a sweet tooth is easy to please. If you're baking anyway, make an extra batch to give as last-minute gifts. Stash the goodies in an empty paint bucket (available at home stores), which seals tightly to protect freshness. Wrap the outside with jolly ribbon and a few holiday ornaments. To order a cookie-making set, see *page 180.*

continued on page 70





**The very best recipe made very easy.**

**Original Nestlé® Toll House® Chocolate Chip Cookies**

| | |
|---|---|
| 2 1/4 | cups all-purpose flour |
| 1 | tsp. baking soda |
| 1 | tsp. salt |
| 1 | cup (2 sticks) butter, softened |
| 3/4 | cup granulated sugar |
| 3/4 | cup packed brown sugar |
| 1 | tsp. vanilla extract |
| 2 | large eggs |
| 2 | cups (12-oz. pkg.) Nestlé® Toll House® Semi-Sweet Chocolate Morsels |
| 1 | cup chopped nuts |

Preheat oven to 375°F. Combine flour, baking soda, and salt in small bowl. Beat butter, granulated sugar, brown sugar, and vanilla extract in large mixer bowl until creamy. Add eggs, one at a time, beating well after each addition. Beat in flour mixture. Stir in morsels and nuts. Drop by rounded tablespoon onto ungreased baking sheets. Bake for 9–11 minutes. Makes about 60 cookies.

For many more easy recipes log on to:
www.VeryBestBaking.com




y best times begin with America's favorite rich and creamy morsel.

Bake The Very Best.™

# Gifts to Go

continued from page 69

Know someone who cancels plans in honor of Oscar night? Reel the film buff in with a movie-inspired gift bag. Line the bottom of a translucent-plastic bag with popped popcorn, and fill it with theater-style snacks. Attach movie theater gift certificates or, for a personal touch, offer to treat the recipient to a movie of his or her choice.




for the movie maven



for the candle collector

You might not be able to walk in this winter wonderland, but it's still a delight for the eyes. Purchase a clear plastic take-out box (*left*) at a stationery store, and cut a piece of white foam core to fit in the bottom. Secure a small, festive candle to the foam core with crafts glue. Buy imitation snow from a crafts store, or make your own with rock salt and white glitter.

continued on page 72



- ☑ Minutes to enlarge
- ☑ Minutes to enhance
- ☑ A moment shared forever







Use the **KODAK Picture Maker** to enlarge, restore or enhance your pictures. Make gifts without negatives all by yourself from a photo or digital camera in just 5 minutes. Call 1-800-939-1302 or visit kodak.com/go/picturemaker for a location near you.

**Share Moments. Share Life.™**

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# Gifts to Go

continued from page 70




Bathtub bliss can come in small packages. Think luxury and wrap an ornate soap dish and a bar of fragrant soap in a soft textured washcloth. Include a homemade bag of soak-enhancers to drop in the bath. You can formulate the bag for the desired moods. We used one part dried lavender for calming, two parts oatmeal for soothing, and one part black tea for disinfecting. Wrap it up in cheesecloth and tie with raffia.

## HOW TO CREATE A GIFT CLOSET

Gift-giving expert Leah Ingram, author of *You Shouldn't Have! How to Give Gifts They'll Never Forget* (Contemporary Books), says she pulls together gifts on the run by keeping a "gift closet." Here's what you need to create your own:

- Note cards: Art supply and stationery stores often have good deals on decorative cards, Ingram says. Stock up on these and attach them for personalized greetings.

- All-purpose gifts bought in bulk: Candles, picture frames, gift certificates to local restaurants, and boxes of chocolate are all good staples to keep on hand.

- A big plastic bucket: Store the gifts in a large container with a lid. (Except the chocolate. Store that in the refrigerator.)

Buying information, page 220

- Cellophane, tissue paper, and wicker baskets: Tuck your gift in tissue paper and a basket, and wrap the package in cellophane. Top off with ribbon and trim.

# Fight Allergy-face!

- Fast, effective first-day nasal allergy relief
- No fragrance or unpleasant taste
- No irritating alcohol

Nasacort AQ Nasal Spray is nondrowsy and nonhabit-forming. It's for adults and children as young as 6 years and must be used daily for best results. Maximum relief may take up to one week. Nasacort AQ has a low incidence of side effects that may include sore throat, nosebleed, and cough. Available by prescription only. Ask your doctor if it's right for you.

ONCE-DAILY Nasacort® AQ
(triamcinolone acetonide) Nasal Spray

Puts Allergy-face in its place

1.888.272.NOSE (6673) www.nasacort.com

*Please see additional important information about Nasacort AQ on next page.*



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21012601/0214A1

ONCE DAILY

# Nasacort AQ

(triamcinolone acetonide) Nasal Spray

For intranasal use only.

Shake Well Before Using

**BRIEF SUMMARY**

**CONTRAINDICATIONS**

Hypersensitivity to any of the ingredients of this preparation contraindicates its use.

**WARNINGS**

The replacement of a systemic corticosteroid with a topical corticosteroid can be accompanied by signs of adrenal insufficiency and, in addition, some patients may experience symptoms of withdrawal; *e.g.*, joint and/or muscular pain, lassitude and depression. Patients previously treated for prolonged periods with systemic corticosteroids and transferred to topical corticosteroids should be carefully monitored for acute adrenal insufficiency in response to stress. In those patients who have asthma or other clinical conditions requiring long-term systemic corticosteroid treatment, too rapid a decrease in systemic corticosteroids may cause a severe exacerbation of their symptoms.

Children who are on immunosuppressant drugs are more susceptible to infections than healthy children. Chickenpox and measles, for example, can have a more serious or even fatal course in children on immunosuppressant doses of corticosteroids. In such children, or in adults who have not had these diseases, particular care should be taken to avoid exposure. If exposed, therapy with varicella-zoster immune globulin (VZIG) or pooled intravenous immunoglobulin (IVIG), as appropriate, may be indicated. If chickenpox develops, treatment with antiviral agents may be considered.

**PRECAUTIONS**

**General:** In clinical studies with triamcinolone acetonide nasal spray, the development of localized infections of the nose and pharynx with *Candida albicans* has rarely occurred. When such an infection develops it may require treatment with appropriate local or systemic therapy and discontinuance of treatment with **Nasacort AQ** Nasal Spray.

**Nasacort AQ** Nasal Spray should be used with caution, if at all, in patients with active or quiescent tuberculous infection of the respiratory tract or in patients with untreated fungal, bacterial, or systemic viral infections or ocular herpes simplex.

Because of the inhibitory effect of corticosteroids, in patients who have experienced recent nasal septal ulcers, nasal surgery, or trauma, a corticosteroid should be used with caution until healing has occurred. As with other nasally inhaled corticosteroids, nasal septal perforations have been reported in rare instances.

When used at excessive doses, systemic corticosteroid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, **Nasacort AQ** Nasal Spray should be discontinued slowly, consistent with accepted procedures for discontinuing oral steroid therapy.

**Information for Patients:** Patients being treated with **Nasacort AQ** Nasal Spray should receive the following information and instructions. Patients who are on immunosuppressant doses of corticosteroids should be warned to avoid exposure to chickenpox or measles and, if exposed, to obtain medical advice.

Patients should use **Nasacort AQ** Nasal Spray at regular intervals since its effectiveness depends on its regular use. (See **DOSAGE AND ADMINISTRATION**.)

An improvement in some patient symptoms may be seen within the first day of treatment, and generally, it takes one week of treatment to reach maximum benefit. Initial assessment for response should be made during this time frame and periodically until the patient's symptoms are stabilized.

The patient should take the medication as directed and should not exceed the prescribed dosage. The patient should contact the physician if symptoms do not improve after three weeks, or if the condition worsens. Patients who experience recurrent episodes of epistaxis (nose bleeds) or nasal septum discomfort while taking this medication should contact their physician. For the proper use of this unit and to attain maximum improvement, the patient should read and follow the accompanying patient instructions carefully.

It is important to shake the bottle well before each use. **Also, the bottle should be discarded after 120 actuations since the amount of triamcinolone acetonide delivered thereafter per actuation may be substantially less than 55 mcg of drug.** Do not transfer any remaining suspension to another bottle.

**Carcinogenesis, Mutagenesis, and Impairment of Fertility:** In a two-year study in rats, triamcinolone acetonide caused no treatment-related carcinogenicity at oral doses up to 1.0 mcg/kg (approximately 1/30 and 1/50 of the maximum recommended daily intranasal dose in adults and children on a mcg/m$^2$ basis, respectively). In a two-year study in mice, triamcinolone acetonide caused no treatment-related carcinogenicity at oral doses up to 3.0 mcg/kg (approximately 1/12 and 1/30 of the maximum recommended daily intranasal dose in adults and children on a mcg/m$^2$ basis, respectively).

No mutagenicity studies with triamcinolone acetonide have been performed.

In male and female rats, triamcinolone acetonide caused no change in pregnancy rate at oral doses up to 15.0 mcg/kg (approximately 1/2 of the maximum recommended daily intranasal dose in adults on a mcg/m$^2$ basis). Triamcinolone acetonide caused increased fetal resorptions and stillbirths and decreases in pup weight and survival at doses of 5.0 mcg/kg and above (approximately 1/5 of the maximum recommended daily intranasal dose in adults on a mcg/m$^2$ basis). At 1.0 mcg/kg (approximately 1/30 of the maximum recommended daily intranasal dose in adults on a mcg/m$^2$ basis), it did not induce the above mentioned effects.

**Pregnancy:** *Teratogenic Effects: Pregnancy Category C.* Triamcinolone acetonide was teratogenic in rats, rabbits, and monkeys. In rats, triamcinolone acetonide was teratogenic at inhalation doses of 20 mcg/kg and above (approximately 7/10 of the maximum recommended daily intranasal dose in adults on a mcg/m$^2$ basis). In rabbits, triamcinolone acetonide was teratogenic at inhalation doses of 20 mcg/kg and above (approximately the maximum recommended daily intranasal dose in adults on a mcg/m$^2$ basis). In triamcinolone acetonide was teratogenic at an inhalation dose of 500 mcg/kg mately 37 times the maximum recommended daily intranasal dose in adults on basis). Dose-related teratogenic effects in rats and rabbits included cleft palate and/ hydrocephaly and axial skeletal defects, whereas the effects observed in the mo cranial malformations.

There are no adequate and well-controlled studies in pregnant women. Therefor nolone acetonide should be used in pregnancy only if the potential benefit jus potential risk to the fetus. Since their introduction, experience with oral corticos pharmacologic as opposed to physiologic doses suggests that rodents are more teratogenic effects from corticosteroids than humans. In addition, because there ral increase in glucocorticoid production during pregnancy, most women will requ exogenous corticosteroid dose and many will not need corticosteroid treatme pregnancy.

**Nonteratogenic Effects:** Hypoadrenalism may occur in infants born of mothers corticosteroids during pregnancy. Such infants should be carefully observed.

**Nursing Mothers:** It is not known whether triamcinolone acetonide is excreted in hu Because other corticosteroids are excreted in human milk, caution should be exerci **Nasacort AQ** Nasal Spray is administered to nursing women.

**Pediatric Use:** Safety and effectiveness in pediatric patients below the age of 6 y not been established.

Corticosteroids have been shown to cause growth suppression in children and te particularly with higher doses over extended periods. If a child or teenager on any teroid appears to have growth suppression, the possibility that they are particularly to this effect of corticosteroids should be considered.

**ADVERSE REACTIONS**

In placebo-controlled, double-blind, and open-label clinical studies, 1483 adults dren 12 years and older received treatment with triamcinolone acetonide aqueo spray. These patients were treated for an average duration of 51 days. In the contr als (2-5 weeks duration) from which the following adverse reaction data are deriv patients were treated with **Nasacort AQ** Nasal Spray for an average of 19 days. I term, open-label study, 172 patients received treatment for an average duration of 2

Adverse events occurring at an incidence of 2% or greater and more commo **Nasacort AQ**-treated patients than placebo-treated patients in controlled adult clini were:

| Adverse Events | Patients treated with 220 mcg triamcinolone acetonide (n=857) % | Vehicl Placeb (n=962) |
|---|---|---|
| Pharyngitis | 5.1 | 3.6 |
| Epistaxis | 2.7 | 0.8 |
| Increase in cough | 2.1 | 1.5 |

A total of 602 children 6 to 12 years of age were studied in 3 double-blind, place trolled clinical trials. Of these, 172 received 110 mcg/day and 207 received 220 mc **Nasacort AQ** Nasal Spray for two, six, or twelve weeks. The longest average dura treatment for patients receiving 110 mcg/day and 220 mcg/day were 76 days and respectively. Only 1% of those patients treated with **Nasacort AQ** were discontinue adverse experiences. No patient receiving 110 mcg/day discontinued due to a serious event and one patient receiving 220 mcg/day discontinued due to a serious event considered not drug related. Overall, these studies found the adverse experience pr **Nasacort AQ** to be similar to placebo. A similar adverse event profile was observed atric patients 6-12 years of age as compared to older children and adults with the e of epistaxis which occurred in less than 2% of the pediatric patients studied.

Adverse events occurring at an incidence of 2% or greater and more common amo patients treated with placebo than **Nasacort AQ** were: headache, and rhinitis. In childr 6 to 12 years these events included: asthma, epistaxis, headache, infection, otitis sinusitis, and vomiting.

In clinical trials, nasal septum perforation was reported in one adult patient althou tionship to **Nasacort AQ** Nasal Spray has not been established.

In the event of accidental overdose, an increased potential for these adverse expe may be expected, but acute systemic adverse experiences are unlikely. (See **OVERDO**

**OVERDOSAGE**

Like any other nasally administered corticosteroid, acute overdosing is unlikely in the total amount of active ingredient present. In the event that the entire contents of t tle were administered all at once, via either oral or nasal application, clinically sig systemic adverse events would most likely not result. The patient may experience sor trointestinal upset.

**Caution:** Federal law prohibits dispensing without prescription.

Please see product circular for full prescribing information.

Manufactured by Rhône-Poulenc Rorer Puerto Rico Inc.
Manati, Puerto Rico

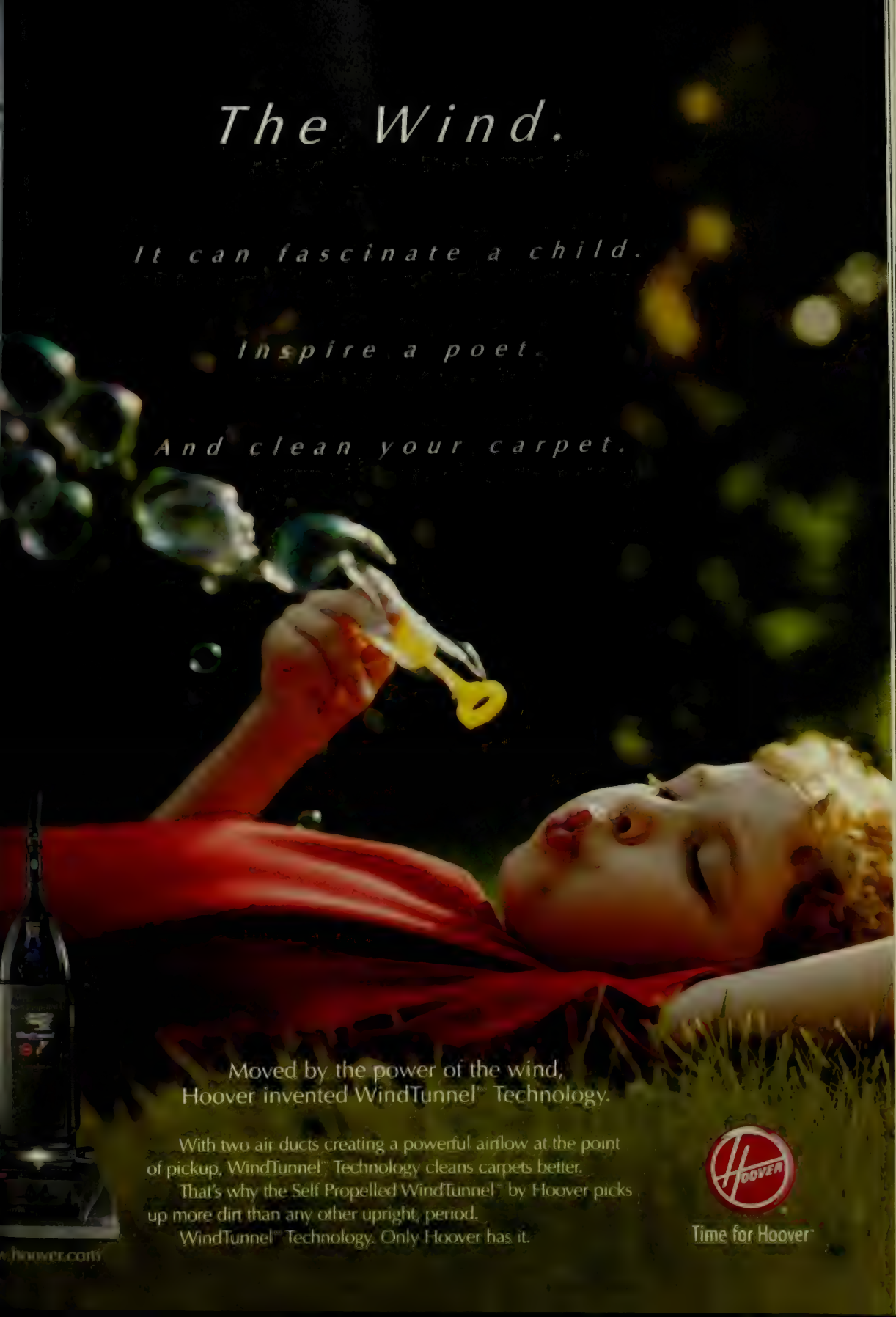
*Aventis Pharmaceuticals Products Inc.*
Collegeville, PA 19426

Rev

Patent Pending

IN-

naqb1097b


The Wind.
It can fascinate a child.
Inspire a poet.
And clean your carpet.
Moved by the power of the wind,
Hoover invented WindTunnel™ Technology.
With two air ducts creating a powerful airflow at the point of pickup, WindTunnel™ Technology cleans carpets better.
That's why the Self Propelled WindTunnel™ by Hoover picks up more dirt than any other upright, period.
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HOOVER
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by Sarah Egge and Gina Harrell



# Tree Decorating 101

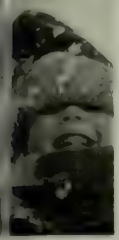
Chances are that decorating a Christmas tree is no mystery to you. You've probably been doing it since you were tall enough to reach the branches. But wouldn't you like to know a few short-cuts? How about ways to get more lushness and drama? Let our editors, who decorate dozens of picture-perfect Christmas trees for our magazine, show you their tricks and techniques.

continued on page 78

# ho, ho, *ho.*



On top of everything else you've got going on this holiday season you're supposed to make homemade cookies. Very funny. Luckily there's *Betty Crocker sugar cookies.* In less than *20 minutes* you'll have warm, sparkly homemade holiday cookies ready and waiting for whomever drops in...ho, ho, ho.






## *sparkle cookies*

*Prepare cookie dough as directed.*
*Shape dough into 1 inch balls and roll in colored sugar.*
*Bake as directed.*



Betty Crocker®

...what a great *idea.*™

d more great holiday ideas at www.bettycrocker.com






# Tree Decorating 101

continued from page 76

### First, the lights

Sparkle and shine comes primarily from the tree lights. Faceted glass bulbs (*left*) will refract more light and appear brighter. Small twinkle lights and colored lights (*left, bottom*) also have impact when you layer several strands and pair them with ornaments having reflective surfaces.

### Our tricks

To illuminate the tree from the inside out, we string lights around the trunk and the branches. Starting at the base of the trunk and working up, wrap the lights around every major branch, moving from the trunk to the tip and back. Don't skimp on lights! For every vertical foot of tree, use a strand of 100 lights.

continued on page 80



It'll brighten your living room.
And your whole zip code.



e Jenna Sofa

L A Z B O Y
The new look of comfort™

La-Z-Boy Incorporated lazboy.com 1-800 MAKE A HOME

continued from page 78




### Second, the garland

There are no firm rules when draping garland on a tree (as long as you don't create a sausage effect, with branches bulging between a tightly cinched garland). Start at the top, stringing less garland, and work your way down, increasing the amount of garland. Thin bead garlands look best swagged from branch to branch (*left*); thick paper, ribbon, or foil garlands look best wrapped loosely around the entire tree.

### Our tricks

We like a tree that's lush with decoration, but not overdone. Use a variety of garlands—from plain to fancy—to avoid a busy look. For every vertical foot of tree, use about two strands of garland.

continued on page 82






Make your little black dress jealous.
Classic black heels are a must-have for the holidays. Choose styles with a simple sophistication or embellished with embroidery. Each so fashionable, your little black dress may just turn green with envy. Look for these and other styles now at Wal-Mart's Every Day Low Prices.
Julie,
Wal-Mart Customer
WAL★MART
ALWAYS LOW PRICES.
Always.
WAL-MART

# Tree Decorating 101

continued from page 80

### Third, the ornaments

To showcase your ornaments, start with the most important ones: Place Johnnie's school picture in a stick frame front and center. Then hang the largest ornaments, spacing them evenly apart. Fill in around them with medium and small sizes, balancing the overall look. Finish with specialty shapes, such as bird clip-ons (*left*) or nutcrackers (*left, bottom*). For interesting variety, include all shapes, from icicles to teardrops. And create depth by hanging some closer to the trunk.

### Our tricks

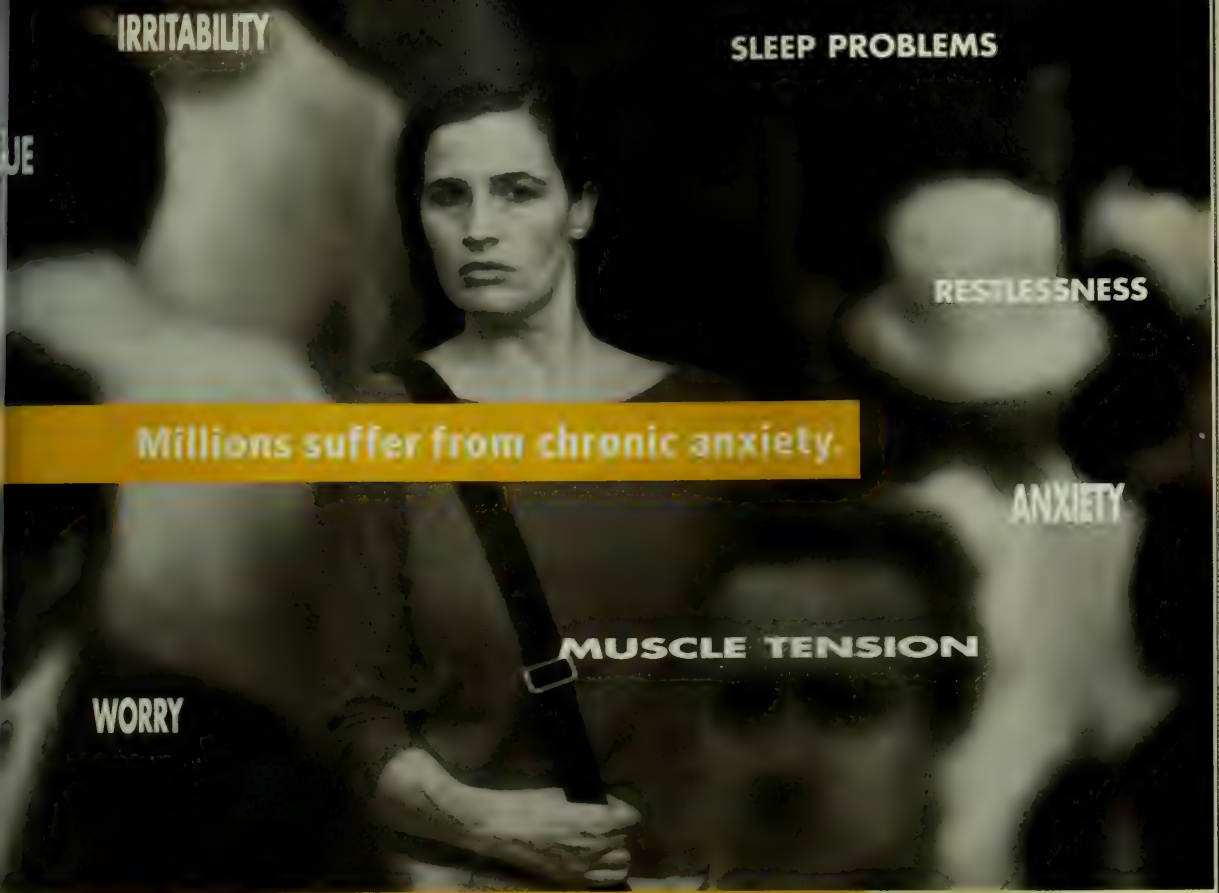
We were watchful to avoid clumping same-color ornaments together, which would draw the eye. For every vertical foot of tree, use about 40 ornaments.

Buying information, page 220








## Millions could be helped by Paxil.

**ic anxiety can be overwhelming. But it can also be overcome.**

e one of the 10 million people who live with **trollable worry, anxiety, muscle tension, ility, restlessness, fatigue and sleep bances** for six months or more, you could ering from Generalized Anxiety Disorder. od news is that it's treatable.

he most prescribed medication of its kind neralized anxiety, works to correct the cal imbalance believed to cause the r. *Paxil* can help bring down your level of even if you have been suffering for years.

Prescription *Paxil* is not for everyone. Tell your doctor what medicines you're taking. People taking MAOIs or thioridazine shouldn't take *Paxil*. *Paxil* is generally well tolerated. As with many medications, there can be side effects. Side effects may include decreased appetite, dry mouth, sweating, nausea, constipation, sexual side effects, tremor, fatigue or sleepiness. Most people who experience side effects are not bothered enough to stop taking *Paxil*. Anxiety from everyday stresses usually doesn't need medication. Talk to your doctor about non-habit-forming *Paxil* today. So you can see someone you haven't seen in a while...Yourself.

**Call 1-800-454-6163 or visit www.paxil.com**



Your Life is Waiting

PAXIL
PAROXETINE HCl

ithKline, 2001 PX9866 Sept. 2001 Please see the following page for important product information.

ONCE-DAILY

# PAXIL®

## PAROXETINE HCl

**PAXIL® (brand of paroxetine hydrochloride)**

**See complete prescribing information in SmithKline Beecham Pharmaceuticals literature. The following is a brief summary.**

**INDICATIONS AND USAGE:** *Paxil* is indicated for the treatment of obsessions and compulsions in patients with obsessive compulsive disorder (OCD as defined in DSM-IV), social anxiety disorder, as defined in DSM-IV and generalized anxiety disorder, as defined in DSM-IV.

**CONTRAINDICATIONS:** Concomitant use in patients taking monoamine oxidase inhibitors (MAOIs) or thioridazine is contraindicated. (See WARNINGS and PRECAUTIONS.) Contraindicated in patients with a hypersensitivity to paroxetine or any of the inactive ingredients in *Paxil*.

**WARNINGS: Interactions with MAOIs may occur. Given the fatal interactions reported with concomitant or immediately consecutive administration of MAOIs and other SSRIs, do not use *Paxil* in combination with a MAOI or within 2 weeks of discontinuing MAOI treatment. Allow at least 2 weeks after stopping *Paxil* before starting a MAOI.**

**Potential Interaction with Thioridazine**

**Thioridazine administration alone produces prolongation of the QTc interval, which is associated with serious ventricular arrhythmias, such as torsade de pointes-type arrhythmias, and sudden death. This effect appears to be dose related.**

**An *in vivo* study suggests that drugs which inhibit $P_{450}IID_6$, such as paroxetine, will elevate plasma levels of thioridazine. Therefore, it is recommended that paroxetine not be used in combination with thioridazine.**

**PRECAUTIONS:** As with all antidepressants, use *Paxil* cautiously in patients with a history of mania.

Use *Paxil* cautiously in patients with a history of seizures. Discontinue *Paxil* in any patient who develops seizures.

The possibility of suicide attempt is inherent in depression and may persist until significant remission occurs. Close supervision of high-risk patients should accompany initial drug therapy. Write *Paxil* prescriptions for the smallest quantity of tablets consistent with good patient management in order to reduce the risk of overdose.

Reversible hyponatremia has been reported, mainly in elderly patients, patients taking diuretics or those who were otherwise volume depleted. Abnormal bleeding (mostly ecchymosis and purpura), including a case of impaired platelet aggregation, has been reported; the relationship to paroxetine is unclear.

Clinical experience with *Paxil* in patients with concomitant systemic illness is limited. Use cautiously in patients with diseases or conditions that could affect metabolism or hemodynamic responses. Observe the usual cautions in cardiac patients. In patients with severe renal impairment (creatinine clearance <30 mL/min.) or severe hepatic impairment, a lower starting dose (10 mg) should be used.

Caution patients about operating hazardous machinery, including automobiles, until they are reasonably sure that *Paxil* therapy does not affect their ability to engage in such activities. Tell patients: 1) to continue therapy as directed; 2) to inform physicians about other medications they are taking or plan to take; 3) to avoid alcohol while taking *Paxil*; 4) to notify their physicians if they become pregnant or intend to become pregnant during therapy; or if they're nursing.

Weakness, hyperreflexia, and incoordination following use of an SSRI and sumatriptan have been rarely reported.

Concomitant use of *Paxil* with tryptophan is not recommended. Use cautiously with warfarin. When administering *Paxil* with cimetidine, dosage adjustment of *Paxil* after the 20 mg starting dose should be guided by clinical effect. When co-administering *Paxil* with phenobarbital or phenytoin, no initial *Paxil* dosage adjustment is needed, base subsequent changes on clinical effect. Concomitant use of *Paxil* with drugs metabolized by cytochrome $P_{450}IID_6$ (antidepressants such as nortriptyline, amitriptyline, imipramine, desipramine and fluoxetine, phenothiazines, Type 1C antiarrhythmics such as propafenone, fecainide and encainide) or with drugs that inhibit this enzyme (e.g., quinidine) may require lower doses than usually prescribed for either *Paxil* or the other drug; approach concomitant use cautiously. However, due to the risk of serious ventricular arrhythmias and sudden death potentially associated with elevated plasma levels of thioridazine, paroxetine and thioridazine should not be co-administered. An *in vivo* interaction study revealed that paroxetine had no effect on terfenadine pharmacokinetics. Additional *in vitro* studies showed that the inhibitory effects of paroxetine on other $IIA_4$ substrates astemizole, cisapride, triazolam and cyclosporin was at least 100 times less potent than ketoconazole, a potent $IIA_4$ inhibitor. Assuming that the relationship between paroxetine's *in vitro* Ki and its lack of effect on terfenadine's *in vivo* clearance predicts its effect on other $IIA_4$ substrates, paroxetine's inhibition of $IIA_4$ activity should have little clinical significance. Use caution when co-administering *Paxil* with tricyclic antidepressants (TCAs). TCA plasma concentrations may need monitoring and the TCA dose may need to be reduced. Administration of *Paxil* with another tightly protein-bound drug may shift plasma concentrations resulting in adverse effects from either drug. Concomitant use of *Paxil* and alcohol in depressed patients is not advised. Undertake concomitant use of *Paxil* and lithium or digoxin cautiously. If adverse effects are seen when co-administering *Paxil* with procyclidine, reduce the procyclidine dose. Elevated theophylline levels have been reported with *Paxil* co-administration; monitoring theophylline levels is recommended.

In 2-year studies, a significantly greater number of male rats in the 20 mg/kg/day group developed reticulum cell sarcomas vs. animals given doses of 1 or 5 mg/kg/day. There was also a significantly increased linear trend across dose groups for the occurrence of lymphoreticular tumors in male rats. Although there was a dose-related increase in the number of tumors in mice, there was no drug-related increase in the number of mice with tumors. The clinical significance of these findings is unknown. There is no evidence of mutagenicity with *Paxil*.

Rats receiving paroxetine at 15 mg/kg/day (2.4 times the MRHD on a mg/m² basis) showed a reduced pregnancy rate.

**Pregnancy Category C.** Reproduction studies performed in rats and rabbits at doses up to 6 mg/kg/day, 8.1 (rat) and 1.9 (rabbit) times the MRHD on a mg/m² basis, have revealed no evidence of teratogenic effects or of selective toxicity to the fetus. However, rat pup deaths increased during the first 4 days of lactation when dosing occurred during the last trimester of gestation and continued throughout lactation. The cause of these deaths is not known. There are no adequate and well-controlled studies in pregnant women. *Paxil* should be used in pregnancy only if the potential benefit justifies the potential risk to the fetus. The effect of *Paxil* on labor and delivery in humans is unknown. Paroxetine is secreted in human milk; exercise caution when administering *Paxil* to a nursing woman.

Safety and effectiveness in the pediatric population have not been established.

In worldwide premarketing *Paxil* clinical trials, 17% of *Paxil*-treated patients were ≥65 years of age. Pharmacokinetic studies revealed a decreased clearance in the elderly and a lower starting dose is recommended. However, there were no overall differences in the adverse event profile between older and younger patients.

**ADVERSE REACTIONS: Incidence in Controlled Trials—*Commonly Observed Adverse Events in Controlled Clinical Trials:*** The most commonly observed adverse events associated with the use of *Paxil* in the treatment of depression (incidence of 5% or greater and incidence for *Paxil* at least twice that for placebo) asthenia (15% vs. 6%), sweating (11% vs. 2%), nausea (26% vs. 9%), decreased appetite (6% vs. 2%), somnolence (23% vs. 9%), dizziness (13% vs. 6%), insomnia (13% vs. 6%), tremor (8% vs. 2%), nervousness (5% vs. 3%), ejaculatory disturbance (3% vs. 0%) and other male genital disorders (10% vs. 0%).

The most commonly observed adverse events associated with the use of paroxetine in the treatment of obsessive compulsive disorder (incidence of 5% or greater and incidence for *Paxil* at least twice that of placebo) were: nausea (23% vs. 10%), dry mouth (18% vs. 9%), decreased appetite (9% vs. 3%), constipation (16% vs. 6%), dizziness (12% vs. 6%), somnolence (24% vs. 7%), tremor (11% vs. 1%), sweating (9% vs. 3%), impotence (8% vs. 1%) and abnormal ejaculation (23% vs. 1%).

The most commonly observed adverse events associated with the use of paroxetine in the treatment of panic disorder (incidence of 5% or greater and incidence for *Paxil* at least twice that for placebo) were: asthenia (14% vs. 6%), sweating (14% vs. 6%), decreased appetite (7% vs. 3%), libido decreased (9% vs. 1%), tremor (9% vs. 1%), abnormal ejaculation (21% vs. 1%), female genital disorders (9% vs. 1%) and impotence (5% vs. 0%).

The most common observed adverse events associated with the use of paroxetine in the treatment of social anxiety disorder (incidence of 5% or greater and incidence for *Paxil* at least twice that for placebo) were: sweating (9% vs. 2%), nausea (25% vs. 7%), dry mouth (9% vs. 3%), constipation (5% vs. 2%), decreased appetite (8% vs. 2%), somnolence (22% vs. 5%), tremor (9% vs. 1%), libido decreased (12% vs. 1%), yawn (5% vs. 1%), abnormal ejaculation (26% vs. 1%), female genital disorders (9% vs. 1%) and impotence (5% vs. 1%).

The most commonly observed adverse events associated with the use of paroxetine in the treatment of generalized anxiety disorder (incidence of 5% or greater and incidence for *Paxil* at least twice that for placebo) were: asthenia, infection, constipation, decreased appetite, dry mouth, nausea, libido decreased, somnolence, tremor, sweating and abnormal ejaculation.

Two percent (11/599), 14% of *Paxil* patients in worldwide clinical trials in depression and 16.1% (84/522), 11.8% (64/542), 9.4% (44/469) and 10.7% (79/735) of *Paxil* patients in worldwide trials in social anxiety disorder, panic disorder and generalized anxiety disorder, respectively, discontinued treatment due to an adverse event. The most common events (≥1%) associated with discontinuation and considered to be drug related included following **depression**–somnolence, agitation, tremor, nausea, diarrhea, dry mouth, vomiting, asthenia, atypical ejaculation, sweating. **OCD**–insomnia, dizziness, constipation, nausea, asthenia, abnormal ejaculation, somnolence, **panic disorder**–somnolence, insomnia, nausea, **social anxiety disorder**–somnolence, insomnia, nausea, anxiety, dizziness, nausea, vomiting, flatulence, asthenia, abnormal ejaculation, sweating, libido decreased, **generalized anxiety disorder**–somnolence, dizziness, nausea, asthenia, abnormal ejaculation, sweating.

The following adverse events occurred in 6-week placebo-controlled trials of similar design at a frequency of 2% or more, in patients dosed (20 to 50 mg/day) for the treatment of depression: headache, asthenia, paroxysmal vasodilation; sweating, rash; nausea, dry mouth, constipation, diarrhea, decreased appetite, flatulence, dyspepsia; amblyopia, dyspepsia; myopathy, myalgia, myasthenia; somnolence, dizziness, insomnia, tremor, nervousness, anxiety, paresthesia, libido decreased, drugged feeling, confusion, yawn, blurred vision, taste perversion, epistaxis; urinary disturbance, other male genital disorders, urinary frequency, urination disorder, female genital disorders.

The following adverse events occurred at a frequency of 2% or more among OCD patients on *Paxil* who participated in placebo-controlled trials of 12 weeks duration in which patients were dosed in a range of 20 to 60 mg/day or among patients with panic disorder on *Paxil* who participated in placebo-controlled trials of 10 to 12 weeks duration in which patients were dosed in a range of 10 to 60 mg/day or among patients with social anxiety disorder on *Paxil* who participated in placebo-controlled trials of 12 weeks duration in which patients were dosed in a range of 20 to 50 mg/day: asthenia, abdominal pain, chest pain, back pain, chills, trauma, vasodilation; sweating, rash; nausea, dry mouth, constipation, diarrhea, decreased appetite, dyspepsia, flatulence, increased appetite, vomiting; myalgia; insomnia, somnolence, dizziness, tremor, nervousness, libido decreased, agitation, anxiety, abnormal dreams, concentration impaired, depersonalization, myoclonus, amnesia, rhinitis, pharyngitis, yawn; abnormal vision, taste perversion, abnormal ejaculation, dysmenorrhea, female genital disorder, impotence, urinary frequency, urination impaired, urinary tract infection.

The following adverse events occurred at a frequency of 2% or more among GAD patients on *Paxil* who participated in placebo-controlled trials of 8 weeks duration in which patients were dosed in a range of 10 mg/day to 50 mg/day: asthenia, headache, infection, vasodilation, sweating, nausea, dry mouth, constipation, diarrhea, decreased appetite, vomiting, insomnia, somnolence, dizziness, tremor, nervousness, libido decreased, respiratory disorder, sinusitis, yawn, abnormal vision, abnormal ejaculation, female genital disorder, impotence.

Studies in depression show a clear dose dependency for some of the more common adverse events associated with *Paxil* use. There was evidence of adaptation to some adverse events with continued *Paxil* therapy (e.g., nausea and dizziness). Significant weight loss may be an undesirable result of *Paxil* treatment for some patients but, on average, patients in controlled trials had minimal (about 1 lb) loss. In placebo-controlled clinical trials, *Paxil*-treated patients exhibited abnormal values on liver function tests no more frequently than placebo-treated patients.

In placebo-controlled clinical trials involving more than 2,500 patients with depression, OCD, panic disorder, social anxiety disorder or generalized anxiety disorder, the following incidences of untoward sexual experience and dysfunction in patients receiving *Paxil* were reported, varying with the disease state: In males: decreased libido (6% to 9%), ejaculatory disturbance, mostly delayed ejaculation (13% to 28%), impotence (2% to 8%). In females: decreased libido (0% to 9%), orgasmic disturbance (2% to 9%). The reported incidence of each of these adverse events was <5% among male and female patients receiving placebo.

**Other Events Observed During the Premarketing Evaluation of *Paxil*:** During premarketing assessment of depression multiple doses of *Paxil* were administered to 6,145 patients in phase 2 and 3 studies. During premarketing clinical trials in OCD, panic disorder, social anxiety disorder and generalized anxiety disorder, 542, 469 and 735 patients, respectively, received multiple doses of *Paxil*. The following adverse events were reported: "frequent" = events occurring in at least 1/100 patients; "infrequent"= 1/100 to 1/1000 patients; "rare" = less than 1/1000 patients. Events are classified within body system categories and enumerated in order of decreasing frequency using the above definitions. It is important to emphasize that although the events occurred during treatment, they were not necessarily caused by it.

**Body as a Whole:** *frequent* chills, malaise; *infrequent* allergic reaction, face edema, moniliasis, neck pain; adrenergic syndrome, cellulitis, neck rigidity, pelvic pain, peritonitis, ulcer. **Cardiovascular System:** *frequent* hypertension, tachycardia; *infrequent* bradycardia, hematoma, hypotension, migraine, syncope; *rare* angina, atrioventricular, arrhythmia nodal, atrial fibrillation, bundle branch block, cerebral ischemia, cerebrovascular accident, congestive heart failure, heart block, low cardiac output, myocardial infarct, myocardial ischemia, pallor, phlebitis, pulmonary embolus, supraventricular extrasystoles, thrombophlebitis, thrombosis, varicose vein, vascular headache, ventricular extrasystoles. **Digestive System:** *infrequent* bruxism, colitis, dysphagia, eructation, gastritis, gastroenteritis, gingivitis, glossitis, increased salivation, liver function tests abnormal, rectal hemorrhage, ulcerative stomatitis; *rare* aphthous stomatitis, bloody diarrhea, bulimia, cholelithiasis, duodenitis, enteritis, esophageal fecal impactions, fecal incontinence, gum hemorrhage, hematemesis, hepatitis, ileus, intestinal obstruction, jaundice, melena, mouth ulceration, peptic ulcer, salivary gland enlargement, stomach ulcer, stomatitis, tongue coloration, tongue edema, tooth caries. **Endocrine System:** *rare* diabetes mellitus, goiter, hyperthyroidism, hypothyroidism, thyroiditis. **Hemic and Lymphatic Systems:** *infrequent:* anemia, eosinophilia, leukocytosis, leukopenia, lymphadenopathy, purpura; *rare*, abnormal erythrocytes, basophilia, bleeding time increased, hypochromic anemia, iron deficiency anemia, lymphedema, abnormal lymphocytes, lymphocytosis, microcytic anemia, monocytosis, normocytic anemia, thrombocythemia, thrombocytopenia. **Metabolic and Nutritional:** *frequent* weight gain, weight loss; *infrequent* alkaline phosphatase increased, edema, peripheral edema, SGOT increased, SGPT increased, thirst; *rare* bilirubinemia, BUN increased, creatinine phosphokinase increased, dehydration, gamma globulins increased, gout, hypercalcemia, hypercholesteremia, hyperglycemia, hyperkalemia, hyperphosphatemia, hypocalcemia, hypoglycemia, hypokalemia, hyponatremia, ketosis, lactic dehydrogenase increased, non-protein nitrogen (NPN) increased. **Musculoskeletal System:** *frequent:* arthralgia; *infrequent*, arthritis, arthrosis; bursitis, myositis, osteoporosis, generalized spasm, tenosynovitis, tetany. **Nervous System:** *frequent* emotional lability, vertigo; *infrequent*, abnormal thinking, alcohol abuse, ataxia, delirium, dystonia, dyskinesia, euphoria, hallucinations, hostility, hypertonia, hypesthesia, hypokinesia, incoordination, lack of emotion, libido increased, manic reaction, neurosis, paralysis, paranoid reaction, psychosis; *rare* abnormal gait, akinesia, antisocial reaction, athetosis, choreoathetosis, circumoral paresthesias, convulsion, delusions, diplopia, drug dependence, dysarthria, extrapyramidal syndrome, fasciculations, grand mal convulsion, hyperalgesia, hysteria, manic-depressive reaction, meningitis, myelitis, neuralgia, neuropathy, nystagmus, peripheral neuritis, psychotic depression, reflexes decreased, reflexes increased, stupor, torticollis, trismus, withdrawal syndrome. **Respiratory System:** *infrequent*, asthma, bronchitis, dyspnea, epistaxis, hyperventilation, pneumonia, respiratory flu; *rare* emphysema, hemoptysis, hiccups, lung fibrosis, pulmonary edema, sputum increased, voice alteration. **Skin and Appendages:** *frequent:* pruritus; *infrequent*, acne, alopecia, contact dermatitis, dry skin, ecchymosis, eczema, furunculosis, herpes simplex, maculopapular rash, photosensitivity, urticaria; *rare*, angioedema, erythema nodosum, erythema multiforme, exfoliative dermatitis, fungal dermatitis, herpes zoster, hirsutism, seborrhea, skin discoloration, skin hypertrophy, skin ulcer, sweating decreased, vesiculobullous rash. **Special Senses:** *frequent* tinnitus, *infrequent*, abnormal accommodation, conjunctivitis, ear pain, eye pain, mydriasis, otitis media, photophobia; *rare* amblyopia, anisocoria, blepharitis, cataract, conjunctival edema, corneal ulcer, deafness, exophthalmos, eye hemorrhage, glaucoma, hyperacusis, keratoconjunctivitis, night blindness, otitis externa, parosmia, ptosis, retinal hemorrhage, taste loss, visual field defect. **Urogenital System:** *infrequent* abortion, amenorrhea, breast pain, cystitis, dysuria, hematuria, menorrhagia, nocturia, polyuria, urinary incontinence, urinary retention, urinary urgency, vaginal moniliasis, vaginitis; *rare* breast atrophy, breast enlargement, endometrial disorder, epididymitis, female lactation, fibrocystic breast, kidney calculus, kidney pain, leukorrhea, mastitis, metrorrhagia, nephritis, oliguria, pyuria, urethral pain, uterine spasm, urolith, vaginal hemorrhage.

**Postmarketing Reports**

Voluntary reports of adverse events that have been received since market introduction and not listed above that may have no causal relationship with *Paxil* include–acute pancreatitis, elevated liver function tests (the majority severe cases were deaths due to liver necrosis, and grossly elevated transaminases associated with severe hepatic dysfunction), Guillain-Barre syndrome, toxic epidermal necrolysis, priapism, syndrome of inappropriate ADH secretion, symptoms suggestive of prolactinemia and galactorrhea, neuroleptic malignant syndrome-like events exhibiting pyramidal symptoms which have included akathisia, bradykinesia, cogwheel rigidity, dystonia, hypertonia, oculogyric crisis (which has been associated with concomitant use of pimozide), tremor and trismus; serotonin syndrome associated in some cases with concomitant use of serotonergic drugs and with drugs which may have impaired *Paxil* metabolism (symptoms have included agitation, confusion, diaphoresis, hallucinations, hyperreflexia, myoclonus, shivering, tachycardia and tremor), status epilepticus, acute renal failure, pulmonary hypertension, alveolitis, anaphylaxis, eclampsia, laryngismus, optic neuritis, porphyria, ventricular fibrillation, ventricular tachycardia (including torsade de pointes), thrombocytopenia, hemolytic anemia, and events related to impaired hepatic protoplexis (including aplastic anemia, pancytopenia, bone marrow aplasia and agranulocytosis). There have been spontaneous reports that discontinuation (particularly when abrupt) may lead to symptoms such as dizziness, sensory disturbances, agitation or anxiety, nausea and sweating; these events are generally self-limiting. There has been a report of an elevated phenytoin level after 4 weeks of *Paxil* and phenytoin co-administration, and a report of severe hypotension when *Paxil* was added to chronic metoprolol treatment.

**DRUG ABUSE AND DEPENDENCE: Controlled Substance Class:** *Paxil* is not a controlled substance. Evaluate patients carefully for history of drug abuse and observe such patients closely for signs of *Paxil* misuse or abuse (e.g., development of tolerance, increases of dose, drug-seeking behavior).

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# better by design



## Holiday Open House

For Kate Swope, the holiday season is the year's sweet finale—a time for creativity, sharing, and laughter. It's also a busy work time for this talented interior designer. Her secret for staying sane? An early start on planning and a sense of humor.

by Joseph Boehm
and
Cynthia Pearson

## better by design

continued from page Z1









# enjoy the season with a light heart

The Christmas countdown begins before Labor Day for Kate Swope. "I start thinking in August about what I'd like to do," Kate says. But don't let that fool you—there's nothing serious about the Swope's traditions. Good will and good humor prevail in their Connecticut home.

As a child, Kate and her family would choose a carol, give it silly new lyrics, then sing and act it out at Christmas. "Even now we stand on chairs and sing silly songs together," Kate says. "It humbles us!"

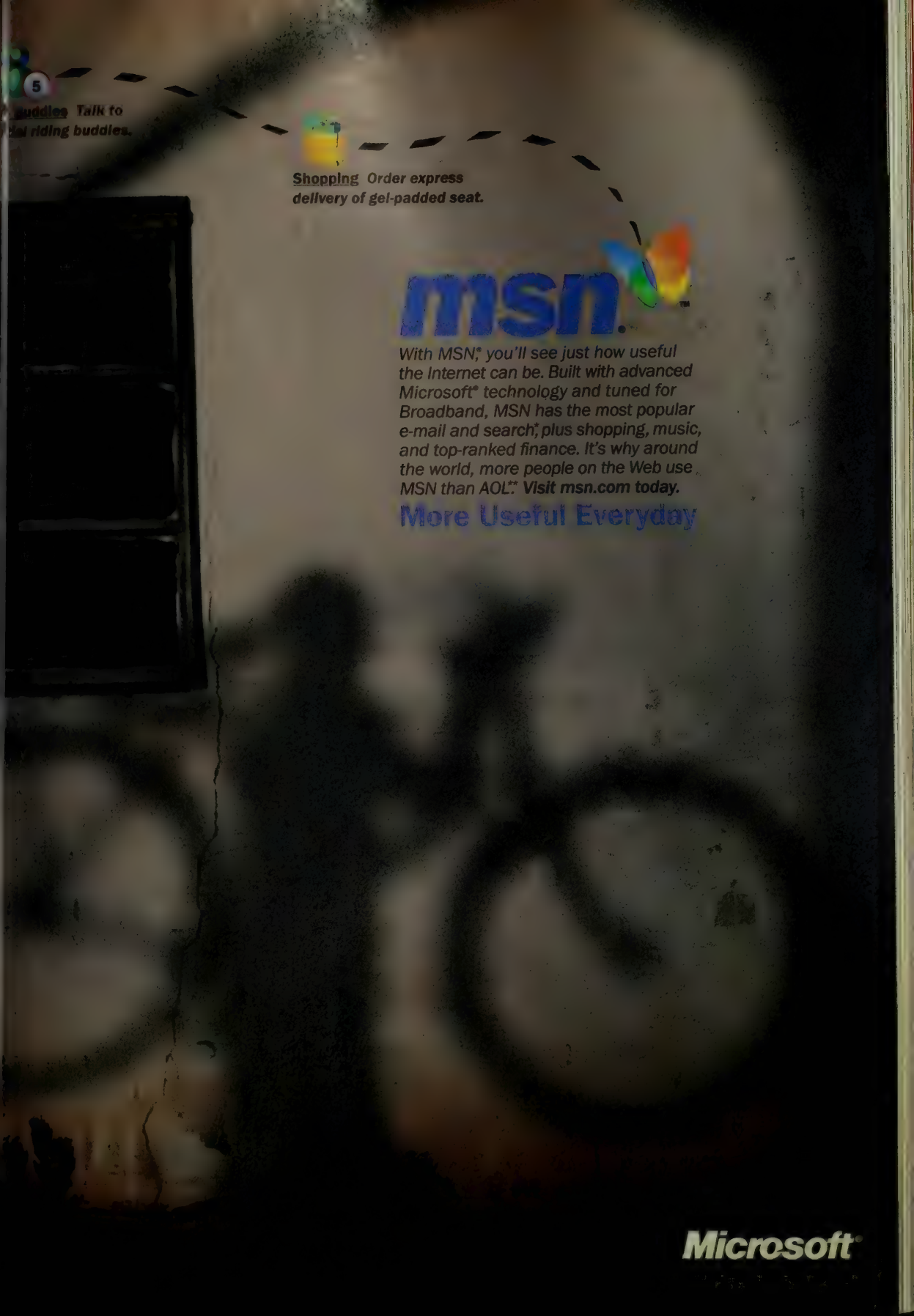
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**Down feathers sprinkled on the tree look like fluffy snow (*left*). This annual feature was the result of a "happy accident" when Kate spilled a box of feathers she was using for a work project.**

**For Kate and Carl Swope, having people over for dinners, buffets, or just to visit is essential to the holidays. Entertaining, says Kate (*top*), "gives me a reason to finish decorating!"**

**Brown kraft paper wrapping (*above*) shows off the ribbons that Kate collects and reuses. She has wrapped husband Carl's presents with the same red satin ribbon for 27 years.**


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Kate gets a kick out of arranging her tiny animals in vignettes, though where she'll put them to graze on greenery is anyone's guess. "Friends come over looking for them," she says.



"My fascination with miniatures started with my grandparents' animal collection," Kate says. "At one point they gave me a llama (like one of the two *above*), which was the start of my own collection."

Holiday decorating starts with a trip to the Swope's barn, where collections of ornaments and miniatures wait in labeled plastic bins. Perennial favorites, such as Kate's antique animals, make an appearance each year. Other collections, such as the storybook character ornaments, may wait their turn. Kate determines the lineup based on who's coming to visit and their interests.

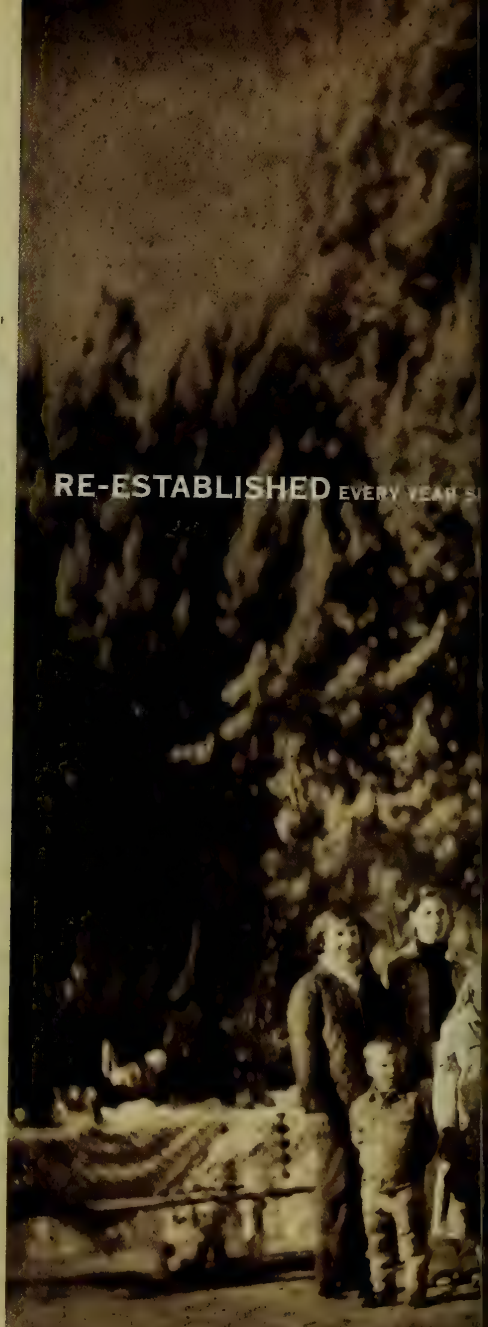
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## Hunter by design

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The centerpiece on the dining table (*above*) features bold color. It holds a casual collection of new and old ornaments, ribbons, pinecones, and fragrant pine branches.

The living room flowers (*left*) show Kate's preference for pink and white blooms over the standard red. She mixes them with assorted greenery. "I look for texture more than anything else," she says.

Kate collects silver teapots and likes to use them for floral arrangements. The tea service (*above*) is one that family and friends use every day. "Polishing the silver is no big deal," says Kate. "My secret is washing it in very hot water, then applying the polish. Warm metal—whether it's silver, brass, or copper—cleans up quickly." Kate also gets a long vase life from her flowers and greens by giving them a fresh cut, fresh water, and a clean container every four days or so through the season.

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THE BOLD LOOK OF KOHLER

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*Once upon a time a youth was enamored of a beautiful girl. Rumor reached him that his beloved had died. Mounting his horse, he galloped off the edge of a rocky escarpment, meeting death instantly. As blood seeped from his wounds, red tulips sprang up all around. Thus, the red tulip became a declaration of love. A tulip offered by a young man to his beloved says, "As the redness of this flower, I am on fire with love."*



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Kate likes her kitchen windows bare during the year, but crowns them with ribbon-wrapped swags (*left*) at the holidays. Bits of ribbon and greenery adorn the table, too.

Sconces over th banquette (*above*) cast a warm glow against the ochr grasscloth wall covering. Birch-bark shades are trimmed with beads and tiny pinecones.



"I use trays all the time for baking and serving," Kate says. "So I hang them where they'll be handy and grab one when I need it." A silver bowl is filled with crisp apples (*above*).

A gingerbread house at the center of the kitchen table provides a constant conversation piece should talk wane. But Kate says that doesn't often happen: "You know how you put kids in the back of a van—it's warm and cozy and they relax and talk just flows? That happens around this table with us. This is where we start our day with the newspaper and end it, too. It doesn't matter if it's just family or if friends are with us, we all spend lots of time gathered around this table, and talk, talk, talk."

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## better by design

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**On top of an antique butler's desk (*right*), one of Carl Swope's ship models sails on a wavy sea of boxwood. Wrapped presents aren't tied to the tree; used elsewhere, they are instant decoration.**

Long-lasting evergreens, such as boxwood, are perennials in Kate's seasonal scheme. "Greens last six to eight weeks for me, and I just leave them alone. No misting," she says. Kate has a foolproof method for ringing a framed picture or mirror (*right*) with a green garland: She sets the mirror on its face and loops garland twice around the perimeter. She connects the two loops with wire, then crisscrosses wire several times across the back of the frame, securing the garland to the frame.





**"I like to balance odds and evens in an arrangement," says Kate of the mantel display (*left*). "A big painting, two tall topiaries, one spread of greens, and five apples."**

**Kate and her daughter Hadley made the topiaries (*right*) by hot-gluing cranberries to foam balls and elevating them with cinnamon sticks.**

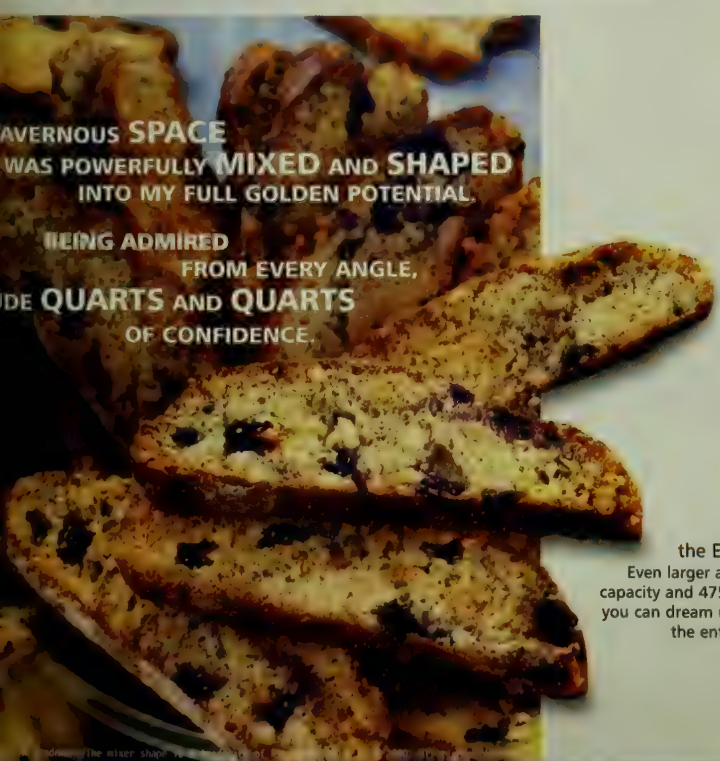
Kate admits to being "too intense" at the holidays when her girls Taylor and Hadley were little. "I tried to do too much in too little time and was upset if things didn't turn out as I planned—and they never do," she says. "Now when things veer off course, I laugh and enjoy what happens, because it often makes for something more fun. One year our presents didn't get wrapped until Christmas morning. I hid under the dining room tablecloth, tossing out wrapped presents as I finished each one!"

continued on page Z16



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FOR THE WAY IT'S MADE

continued from page Z15

**Around Thanksgiving, Kate starts working on her gingerbread houses. She'll finish them two or three weeks later. "In a dry climate, they'll last for many months; in a rainier place, maybe a month or so." Kate cuts the gingerbread walls from raw, rolled dough, lays them flat on foil, and bakes. For perfect-fitting windows, she heats water, sugar, and corn syrup to the hard-crack stage and pours it into each window space.**



Kate built her first sugar cube and candy house when she was 7 or 8, but started making gingerbread houses in earnest about 20 years ago. "The time I spend on these is nuts," she says. "But I love miniatures, and this is a great creative outlet for me."

Despite the hours of work that go into her houses, Kate refuses to be ruffled by surprises. When a finished gingerbread house collapsed during a rainy season, she grabbed a wood scrap from a building project, cut it into shape, and frosted it.

continued on page Z17

# BULOVA

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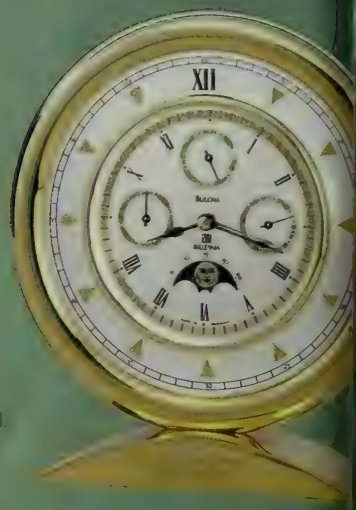

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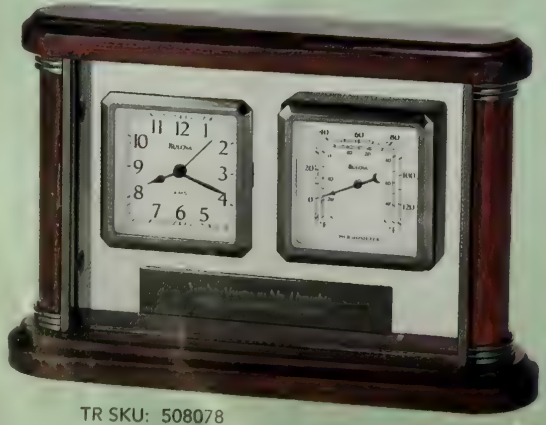
TR SKU: 475130
Engravable solid brass back. Multifunction dial.
H: 8"
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Solid metal case in two-tone finish.
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TR SKU: 508078
Solid wood case with gunmetal and brass accents. Includes thermometer. H: 5 1/2"
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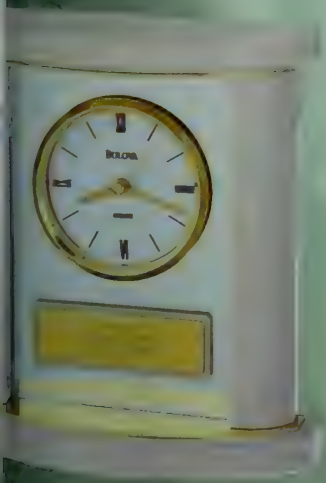

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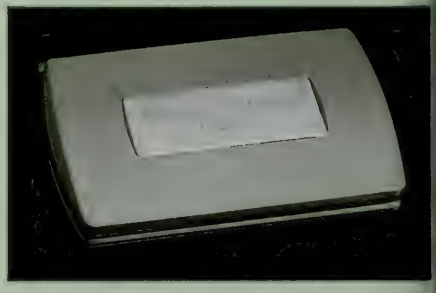
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**Last Christmas, Hadley started a new tradition—putting out a silver box filled with questions (*left*) about the year past and the one ahead. On Christmas morning, the family shares their answers.**

When Taylor and Hadley were enagers and wanted to spend ne with their friends alone, Kate corated a small tree for each girl's om. Now, the girls are embracing eir family's holiday style. "Taylor d Hadley have embellished on our traditions and come up with new things to do—such as the Christmas question box—and they are so thoughtful to their own friends," says Kate. "It's a wonderful compliment to see them enjoying the holidays this way." ⌂

## uying guide

me of the products shown editorially the Better by Design section of *Better omes and Gardens*® magazine can be tained locally. For more information, ntact the manufacturers listed below.

**ges Z1–Z17: interior designer**—Kate Inc., 0 Colonial Rd., Guilford, CT 06437; 3/453-4863; fax: 203/458-6315; e-mail: te@cshore.com. **All items not sourced**—tique, discontinued, or a personal longing.

**ges Z2–Z3: carpet, color discontinued**—uristan; customer service 800/223-6186. **d monogram chairs,** 46020-02, "Clarise oven"—Brunschwig & Fils; for more formation contact an interior designer. ***op right*): wall covering,** 1627-048, "Persia nen Velvet"—Scalamandré Studio; for more formation contact an interior designer.

**ge Z12: wallpaper,** 1633-W, "Sudan eave" (Natural LWP)—Ralph Lauren Home llection; for more information contact an terior designer. **Lampshades**—Mackenzie ilds, 132 West 21st St., New York, 10011; 212/242-9353. **Sconces,** 2001 talog—Ballard Designs; 800/367-2775. **pholstery fabric,** 89305-M46, "Savonnerie lvet"—Brunschwig & Fils; for more information contact an interior designer. **Pedestal wl,** Mariposa—Details, 61 Whitfield St., uilford, CT 06437; 203/453-2347.


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HORSEPOWER: 255





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SLOW ROAST WORTH SPENDING TIME WITH



A dusting of silver and gold paint plus some pretty baubles dress this plain wreath for the winter season.

# Silver Snowflake Wreath

Make a purchased twig wreath as unique as a snowflake by adding embellishments from a crafts store—silk garland, dried natural materials, and a few holiday ornaments.

Start with a wreath that has fine, loosely twisted twigs forming a circle or oval shape. The branches that stray into the center of this wreath give it feathery lightness; if your wreath is more dense, gently loosen the branches. Add small twigs around the center, tucking them into the wreath. Spray-paint the wreath white.

Weave a silk grapevine garland around the wreath; plan the focal point for where the ends overlap. Trim the stems of dried materials, such as lily pods, and hot-glue them to the wreath at the focal point. Lightly spray the wreath with metallic gold paint. When the paint dries, lightly spray it with metallic silver paint, letting both colors show through.

Gather wire-ended 1-inch-diameter silver balls into clusters and wire them to the wreath near the lily pods. Clip the stems of globe thistles and hot-glue them in remaining open spots. To add more sparkle, wrap silver metallic chenille stems around your finger. Stretch them out slightly to create coils and tuck them into the wreath.

# Look Who's Cooking with California Raisins



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How do you bake like Nancy Silverton, one of the best pastry and dessert chefs in the world? "Start with simple, natural ingredients like California raisins and develop your own style from there," she says.

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## Fresh Fruit Box

***Repeated by popular demand!*** Fresh from the groves of Indian River, Florida, and available by special arrangement with Gracewood Groves, this *exclusive* **Citrus and Te Time Gift Box** includes about 1 pounds (five or six of each fruit) sweet navel oranges, tangelo (a tangerine/grapefruit combina tion), and juicy ruby red grapefrui We also include four grapefru spoons, a box of apricot tea, a 8-ounce jar of orange blosso honey, a linen tea towel, and kitcher tested recipes. Shipments begin i mid-November. *Please note: If yo choose to specify a shipping date afte January 1, 2002, we substitute honey bell tangelos for the Florida tangelos.*

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# Look Who's Cooking with California Raisins

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sauces. Adding raisins to a
variety of foods creates a
beautiful depth of flavor my
ests love. So, if you're coming
Houston, bring a Texas-sized
petite and your dancing shoes,
d expect California raisins to
be the life of the party."



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**AMERICA'S BEST CHEF - SOUTHWEST, 1992:** *The James Beard Foundation*

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**MIRACLE ROSE IN PLANTER BOX** From Harry and David, this arrangement (*left*) is $29.95, plus delivery. To order, call 800/227-3313 and ask for item 14289H. Or visit www.harryanddavid.com.

**RED MIRACLE ROSE IN ANGEL CACHEPOT** From Jackson & Perkins, this arrangement (*below*) is $39.95, plus delivery. To order, call 800/325-5345 and ask for item 3036M. Or visit their Web site at www.jacksonandperkins.com.



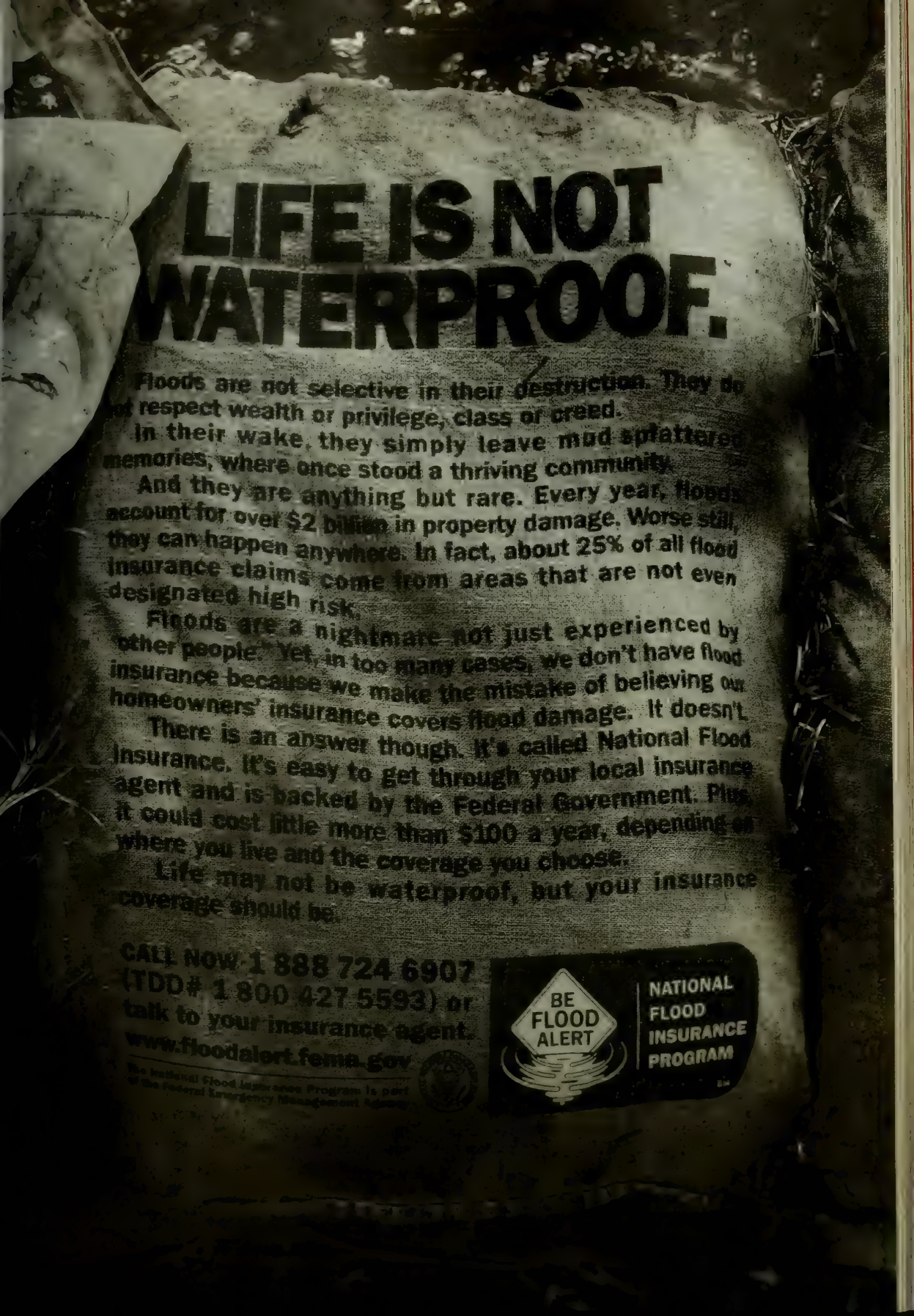
# a brighter holiday for homeless families

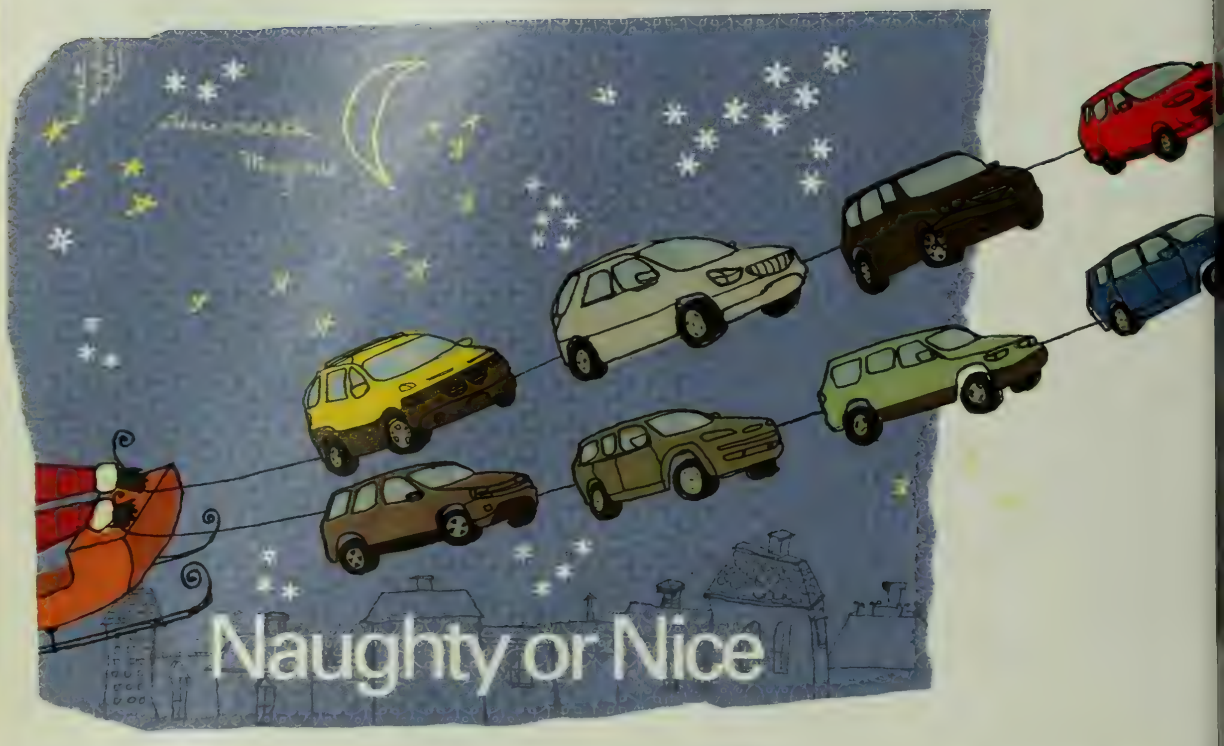
Here are gifts that will contribute to a joyful season for homeless children. From each purchase, $5 goes to The Better Homes® Fund, a national nonprofit organization founded by *BH&G*® magazine. A card identifying the giver and explaining the work of the fund will be enclosed with each gift. For more information about the fund and how to help, visit the Web site at www.tbhf.org.

Since 1992, Jackson & Perkins and Harry and David have contributed more than $2.44 million to the fund. Flowers will arrive in bud and will bloom continually for up to three weeks. Other containers are also available. Should you prefer the cookies, they will arrive fresh and ready to eat.



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# Naughty or Nice

Santa, looking remarkably like a crash test dummy, arrived early this year for makers of several sport/utility vehicles. Elves at the Insurance Institute for Highway Safety made their list, checked it twice, and found that none of the eight vehicles they tested were naughty—at least not from a safety standpoint—and four of them were pretty nice.

All eight of the vehicles tested were midsize 2001 and 2002 model sport/utilities. Four earned good ratings—Acura MDX, Toyota Highlander, Suzuki XL-7, and Mitsubishi Montero Sport. Star of the group was the Acura, which won the institute's top designation of "best pick" and was cited by testers as "an example of very good performance." In the tests, which are independent from the government's star ratings, vehicles hit a barrier at 40 mph.

Buick Rendezvous and Isuzu Axiom earned acceptable ratings, second-best on the institute's scale of good, acceptable, marginal, and poor. Chevrolet Trailblazer and Pontiac Aztek were marginal.

None of the eight was saddled with a poor rating, an encouraging sign for SUV buyers. "In the past when we've tested a group of vehicles, we usually haven't gotten so many good performers, and we usually get at least one poor performer," said Brian O'Neill, president of the safety center. "But offset crash test results have been getting better, as this group of vehicles demonstrates."

continued on page 92

**ON THE NICE LIST**

| | |
|---|---|
| Acura MDX | A Best Pick |
| Toyota Highlander | Good |
| Suzuki XL-7 | Good |
| Mitsubishi Montero Sport | Good |
| Buick Rendezvous | Acceptable |
| Isuzu Axiom | Acceptable |
| Chevrolet Trailblazer | Marginal |
| Pontiac Aztek | Marginal |

All eight sport/utility vehicles tested recently performed well enough in safety tests to avoid the insurance industry's worst rating.

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## Your Family Car

continued from page 90

Here are the institute's capsule comments on how the eight SUVs handled the 40 mph impact.



Acura MDX protects 'extremely well'

- **Acura MDX.** "The occupant compartment held its shape extremely well, and the test dummy went square into the air bag. The injury measures were all low, indicating that a driver in a similar real-world crash would be able to walk away with nothing worse than minor injuries."
- **Toyota Highlander.** "The 2001 Highlander's overall performance was good, although forces on the right leg indicated there could be a risk of lower leg or ankle injury to someone in a crash like this."
- **Suzuki XL-7.** "Overall performance was good, although forces on the left leg indicated the possibility of lower leg or ankle injury."



- **Mitsubishi Montero Sport.** "The occupant compartment held up well, and the only problem in the offset crash was that moderately high forces were recorded on the dummy's right leg and foot."
- **Buick Rendezvous.** "The occupant compartment was maintained reasonably well, but far too much upward movement of the steering wheel and forward pitching of the driver's seat compromised control of the dummy during impact."
- **Isuzu Axiom.** "Occupant compartment was maintained well, but there was a possibility of head, leg, and foot injuries."



Trailblazer: Better results than Blazer

- **Chevrolet Trailblazer.** "A big improvement compared with the Blazer, Chevrolet's older midsize design. (But) the brake pedal moved too far rearward toward the driver. A breakaway brake pedal could make an important difference in this vehicle's performance."
- **Pontiac Aztek.** "While the occupant compartment held up reasonably well, the air bag inflated relatively late in the crash. Plus the steering wheel moved upward. The result is that high forces were recorded on the dummy's head."

### GETTING BETTER

Previous tests of the Mitsubishi Montero Sport and The Chevrolet Blazer left the dummies bashed and battered, but crash testers said new models tested recently showed big improvements. Mitsubishi's rating jumped from poor in 1999 to good because of structural reinforcements and stronger safety belts in the 2001 models.

Chevrolet's older midsize SUV design, the Blazer, tested in 1996, was also rated poor. It's passenger compartment collapsed and the dummy's head smashed into both the window frame and door pillar. The 2002 Trailblazer "held up much better," said spokesman Brian O'Neill. "It wouldn't take much for the Trailblazer to improve to an even better rating."




## More power to the people

The New Beetle grabs lots of attention ("Hey, look—here's a green one"), but it's not Volkswagen's most popular car in North America. VW's best-seller is the Jetta, a small sedan that shares its underpinnings with the New Beetle and another family member, the Golf.

What's behind Jetta's popularity? One reason is its feeling of big-car luxe in a small-car package. A solid build and 3,000-plus pound heft give it a supple, surprisingly creamy ride for a small car.

Safety is another reason. The insurance industry rates it "good" in the offset crash test. Government testers give it their top five-star rating for both driver and passenger in the full-frontal crash and four stars for driver and rear passenger in the side-impact crash. For 2002 Jetta gets curtain-style head-protection air bags for both front and rear occupants to complement the seat-mounted side air bags in front. All the air bags are standard.

A third reason is the car's German engineering and its performance driving image, which won't be hurt by a powerful new engine option for 2002. Here's what's new:

- The 1.8-liter four-cylinder engine can now churn out 180 horsepower, up from 150. Price for this turbocharged GLS is $19,550. It's available on the Jetta wagon, too.
- Fuel economy estimated at 24 mpg city, 31 highway for the manual transmission. With an automatic transmission, mileage drops slightly to 22 city, 29 highway.
- More torque, which means more "pulling power" when you need to zip away from a stoplight (zero to 60 in 7.7 seconds) or accelerate quickly to pass on a two-lane road.
- A sporty five-speed automatic transmission that allows you to shift manually without engaging a clutch. VW calls this $1,075 option "Tiptronic."

Some hard-core performance freaks—mostly guys who dream about sports cars screaming down twisty roads—complain that Jetta's suspension is a tad too soft for hard cornering. But for those of us who don't lust to test the limits of tire adhesion on every drive to the grocery store, Jetta clearly qualifies as "fun to drive." ⌂

**Volkswagen Jetta GLS gets a power-boosting engine option to go with its smooth small-car ride and strong safety ratings. The engine upgrade and a longer warranty (four years or 50,000 miles) are part of VW's plan to give Jetta a more upscale, premium appeal.**

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# Our Best Software Picks

## Spin a Few Computer CDs for Holiday Cheer

Take the guesswork out of your holiday software gift selections. From more than 500 titles, our reviewers have picked the best software and smart toys for no-fail holiday gifts. In making this list, we strove to include something for everyone. Also, all programs run on both Windows and Macintosh computers, unless noted.



Our top software picks are kid-approved and expert-tested to ensure your holiday gifts won't disappoint.

### Software for fun and learning

**Backyard Basketball (ages 7–up).** This easy-to-play basketball simulation lets kids pick their own teams and game options. The software is one of the few that breaks stereotypes by putting boys and girls from several ethnic groups on the roster, some of whom are physically challenged. Humongous Entertainment, www.humongous.com, $20.

**Carmen Sandiego World Treasures of Knowledge (ages 8–12).** Did you know that Russia has 11 time zones? This is just one of the hundreds of geography facts kids pick up in this entertaining new Carmen Sandiego program. As with others in the series, kids travel the world in search of clues in an effort to capture Ms. Sandiego. Eight missions incorporate a variety of countries and bonus logic puzzles. The Learning Company, www.learningco.com, $25.

**Clifford Reading (ages 4–6).** Aimed at the child just learning to read, this outstanding program incorporates all the charm of Clifford the Big Red Dog with a variety of alphabet and word games. The Theater Game, for example, is a timed sorting activity with letters that rain down the screen. An even harder sorting task can be found at Grouchy Neighbors. The Neighbors have an assortment of garage sale items that have been scattered by one of Clifford's giant sneezes. Scholastic Consumer Software, www.scholastic.com, $20.

**Freddi Fish 5: The Case of the Creature of Coral Cove (ages 3–8).** A nasty sea monster keeps Freddi Fish and her friend Luther out of a new theme park. Kids save the day by collecting clues and solving puzzles. Features include the ability to talk to other game characters and a series of animated cartoons. Humongous Entertainment, www.humongous.com, $20.

**I Spy Treasure Hunt (ages 5–up).** Dozens of beautiful, all new I Spy puzzles are scattered around a quaint seaside town. Can you solve them? If you do, you can win a treasure map that leads to loot left behind by pirates long ago. Because the clues are given in poems, this program is an engaging way for children to strengthen their

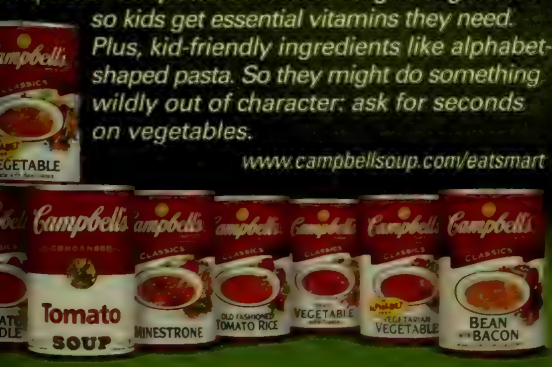
continued on page 96




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*t of 5 kids don't eat enough vegetables. But that's y to change. Serve them veggies on a spoon. Campbell's® soups have a full serving of vegetables so kids get essential vitamins they need. Plus, kid-friendly ingredients like alphabet-shaped pasta. So they might do something wildly out of character: ask for seconds on vegetables.*

www.campbellsoup.com/eatsmart






# Best Software Picks

continued from page 94




language skills. Our testers played for hours. Scholastic, Inc., www.scholastic.com, $30.

**JumpStart Languages (ages 3–6).** Kids discover French, Spanish, Japanese, and English vocabulary as they visit the four pavilions at the JumpStart World Festival. As children dress puppets, play hide and seek, and listen to stories, they learn vocabulary words for common phrases, numbers, and colors. Two-player board games and lots of printable activities, recipes, and sheet music round out the program. Knowledge Adventure, www.knowledgeadventure.com, $20.

**Incredible Machine: Even More Contraptions (ages 10–up).** This latest edition of Incredible Machine contains 250 new, mind-bending Rube-Goldberg-like puzzles. The end result is a mechanism for children to experiment playfully with powerful physics concepts, such as gravity, timing, and gear ratios. Dynamix (a Sierra Company), www.dynamix.com, $30.

**LEGO Alpha Team (ages 8–up).** Your challenge is to move a LEGO character through a 3-D maze by correctly positioning stairways, trampolines, and direction tiles throughout a variety of exotic landscapes. This program won't disappoint you—it succeeds in delivering both a fun and educational experience. LEGO Media International, www.legomedia.com, $30, Windows only.

**Reader Rabbit 1st Grade Capers on Cloud Nine! (ages 5–7).** Exceptional graphics, an entertaining adventure/treasure hunt theme, and challenging levels entice first-graders in reading, math, creativity, and science. The levels advance at a fairly rapid pace, and figuring out how to play the games is sometimes tricky. However, with a little help, even preschoolers played all the way through. The Learning Company, www.learningco.com, $20.

## Smart toys

These interactive products offer excellent potential for fun. Learning is a sneaky side effect.

**Explorer II Globe 2 (ages 8–up).** Upgrade your home geography curriculum with this smart, touch-sensitive talking globe. Using a special stylus, you simply tap on a city to hear it's name spoken in a clear voice. Options include the ability to calculate distances (touch any two points), locate capitals, hear national anthems, learn currencies, find highest points, and other interesting lessons. LeapFrog, www.leapfrog.com, $110.



**DM2: Digital Music Mixer (ages 12–up).** Do you have a budding deejay in the house? Just plug this dual turntable mix board into your computer's USB port and you have your own cyberfunk creativity station. In an easy-to-use format, kids can lay down tracks until they find a combination they like. They then have the option to record their creation. Beatnik, Inc. (Mixman Technologies & Apzu, Inc.), www.mixman.com, $120, Windows only.

**Interactive Shelby (ages 6–up).** Last year's Furby has evolved into a smart-aleck talking shell with six sensors for light, sound, and motion, and twice the vocabulary. Shelby knows 275 words, which make 1,000 phrases. Depending on how long you play with it, Shelby will switch to English and tell knock-knock jokes. For the price, this is the best simulated life toy available. Tiger Electronics Ltd., www.tigertoys.com, $25.



**Intel Play Digital Movie Creator (ages 8–up).** This camera, designed to be used in tandem with your newer computer, lets a child shoot and produce his or her own videos. The images aren't perfectly crisp because the camera uses AVI format, but the camera and software open up a new set of creative possibilities. Intel Corporation, www.intelplay.com, $99, Windows only.

**LeapZone School-Time LeapTop (ages 3–up).** This colorful keyboard serves as an excellent early reading activity. Why? Youngsters can freely explore the keys, pressing a letter to hear its sound, or pressing combinations of letters to hear them read aloud. What's more, additional content can be downloaded from the Internet. LeapFrog, www.leapfrog.com, $50. ⌂



Warren Buckleitner (warren@childrenssoftware.com) is Editor of *Children's Software Revue* magazine.



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by Gail N.Herman



# Tell me a story

If you've never before told a story, here's a chance for you and your child to share some special moments.

My father was an artist. He painted scenes, drew portraits, and sculpted faces. But to me he was an artist with words, a storyteller. With his voice, his facial expression, and his mimetic gestures, he helped me "paint" pictures with my mind's eye.

You too can nurture visual thinking in your children. Tell a favorite story and have each child listening contribute unique descriptions of the scenery, clothing, and the characters. Recently, I was telling the old familiar "Three Billy Goats Gruff" to my grandchild and some friends. I asked the children to close their eyes and picture the bridge. One saw a red covered bridge. Another saw a local cement bridge, and the last, a "one-car-at-a-time bridge" with the trip-trapping goats holding up traffic! Visually active minds cocreate with us at each beat. Think of places in a story where you can ask your children to tell you what they see. If they look blank, you can be a model by thinking up different kinds of images with them.

### Tell personal stories

The oral tradition also allows parents to engage in eye contact with children, giving them the gift of their time and total attention. This is what I remember most about my father telling me stories—his full attention on me, watching to see my reactions, to see whether he needed to rephrase something or give more details indulging my interest in a particular section of the tale.

You might start with some stories about yourself. Children love to hear about "My First Thanksgiving Out." (I threw a turkey wing across the restaurant and it bounced off a wall and landed in some unsuspecting diner's plate.) I call these "Before I Knew Better Stories." Think of your child's age and tell a story about something you did before that age. Your child and you can agree, "Now wasn't that silly."

continued on page 100

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You can also craft a story about something your child did when he or she was too young to know better. Some parents use an imaginary name rather than the child's real name. You both can laugh because your child is now so much older and wiser!

Then, retell a familiar folktale without a book, such as "The Three Bears." You will naturally look directly into your child's eyes, and in doing so, you are saying, "Here, this part of the story is just for you; it is an important part, listen."

As narrator, you are both connecting yourself to your child and connecting the child to the characters' emotions in the story. You are also linking your child to the values you hold. You are the author and the book. As you share a story, you might make comments, smile, or give your child a knowing look because you know how silly, funny, brave, kind, or dangerous the character's actions are.

Without saying a word, you can also let your face show how a character feels. In "The Three Little Pigs," the Third Pig can have a negative attitude or a loving amusement toward the first two pigs. For example, you might say, "When the Third Pig heard what the First Pig did to build his house, he went ___." You fill in the blank nonverbally with a shake of the head or a look, showing rather than describing.

**Weave a wraparound story**

When you tell stories, choose traditional structures, such as the basic beginning-middle-end format ("Little Red Riding Hood") or the circle format, in which the ending repeats the beginning events ("The Fisherman and His Wife"). Stories with wraparound structures, which resemble a "U" shape, are also entertaining. Instead of circling back to the beginning as in a circle structure, the character, upon reaching one end of the "U," turns back along the path to the start. Traditionally, these stories begin by introducing the main character(s), with an opening such as "Deep in the forest, there lived a group of animal friends." Then a problem is revealed with several repeated events. In the wraparound structure, the last of the events turns the story in reverse, going back through each event again to the beginning event. For an example of a wraparound story, see "Telling the Story" *below.*

*—Gail N. Herman performs stories across the United States and teaches storytelling for Leslie University, Garrett Community College, and the University of Connecticut's Confratute.*

You are the author and the book. As you share a story, you might make comments, smile, or give your child a knowing look because you know how silly, funny, brave, kind, or dangerous the character's actions are.



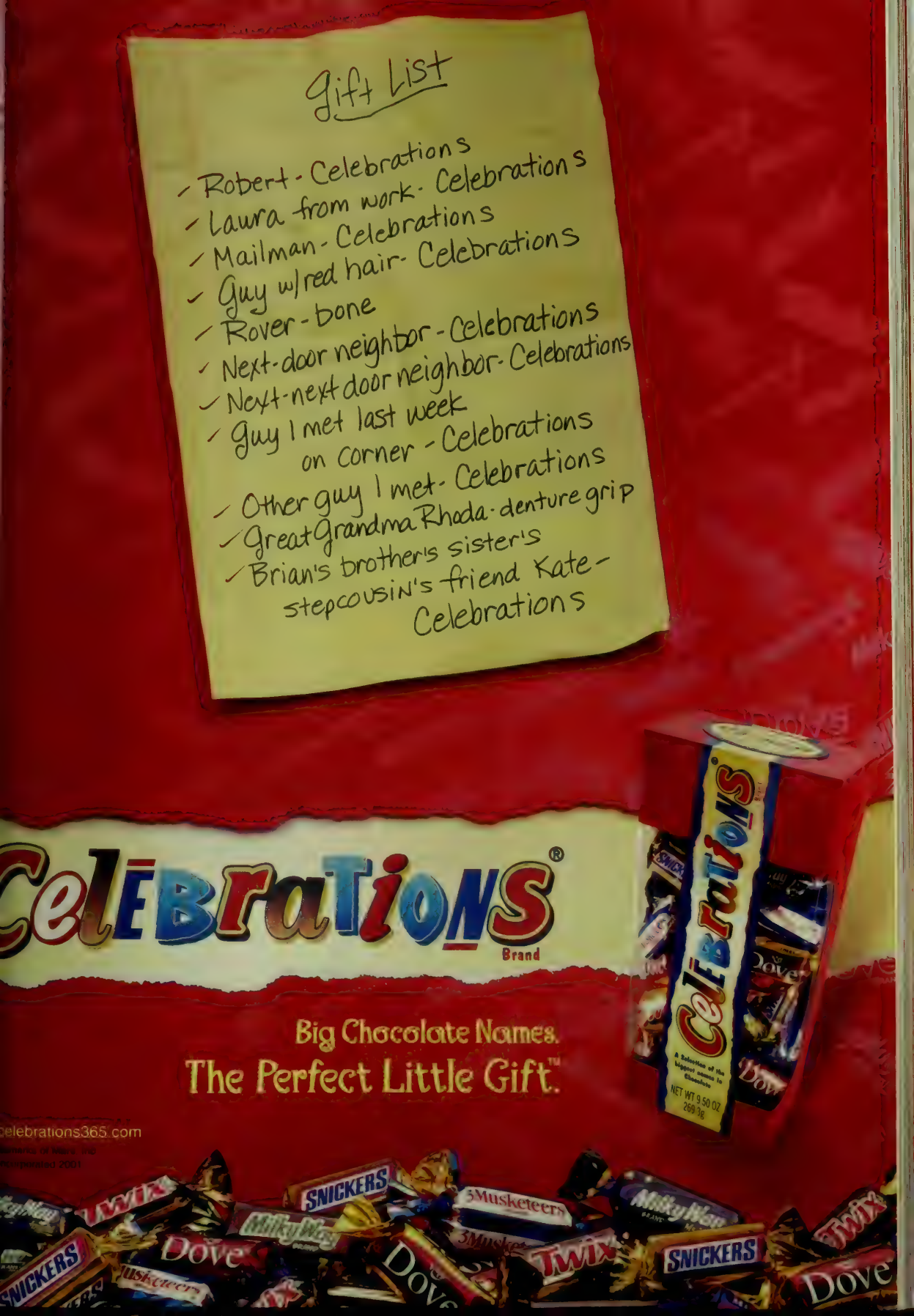
**Telling the Story** Try telling a wraparound story based on one I wrote called "Sylvester and the Grumps: How to Dump the Grumps" (Organic Storytelling). Follow this helpful outline, expanding on the details.

One day Sylvester the monkey woke up with the grumps. (Elaborate on how he felt. Show how his face looked. Make grumpy sounds, etc.) Along came ___. (Ask your child what animal he or she "sees" in his or her mind's eye. Make the sounds that animal would make.) Sylvester says, ___. (You supply a put-down. Make your monkey sounds also.)

The second animal now feels very grumpy. (Continue to elaborate.) Along came ___. (Ask your child what third animal walked down the path.) Then, ___ said, ___. (Tell how the second animal gave the third a put-down. Repeat this sequence as many times as you like. Usually three to five are plenty.) Down the path there was a little mouse (or any other small animal) who was watching. This creature did not want a put-down. She was a smart animal and decided she could end these put-downs by giving a put-UP instead. So she said ___ to the ___. (Name the last of the animals to receive a put-down and tell what compliment she gave to the animal. Remember to use a squeaky mouse voice.)

The two animals played and played. (Ask your child what they played?) Then they decided to go see ___. (You are wrapping-around, retracing the order of the animals, so name the next to the last in the sequence.) But they knew how grumpy that animal was so they thought of a put-up to give. (What do you think they said? Help your child by beginning the sentence, "They said, 'We like your ___.'" Let your child finish with something specific to the animal's looks or talent.)

Now everyday, the mouse calls everyone to the clearing to start the day in the right way—with a put-up. And that is how to dump the grumps.


Gift List
Robert - Celebrations
Laura from work - Celebrations
Mailman - Celebrations
Guy w/red hair - Celebrations
Rover - bone
Next-door neighbor - Celebrations
Next-next door neighbor - Celebrations
Guy I met last week on corner - Celebrations
Other guy I met - Celebrations
Great Grandma Rhoda - denture grip
Brian's brother's sister's stepcousin's friend Kate - Celebrations
Celebrations®
Brand
Big Chocolate Names.
The Perfect Little Gift.™
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NET WT 9.50 OZ
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recharge
batteries
following
national
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# all is calm, all is bright



by Jim Williams and Jilann Severson

Discover the joy of simplicity, and you may just find some heavenly peace this season. In this New York home, the hustle-bustle of the holiday seems far away thanks to quiet decorating touches that take their cues from nature. A little clutch of greens tucked into natural wool mittens hints at the simple pleasures inside. Open the door and come on in.







# graceful in green

Anxious children and a mellow Irish wolfhound await holiday guests. All will be welcomed into this serene home, which is warmed by light and quieted by a one-color palette. Luscious greens as soft as moss fill the house with gentle color. From the deepest jewel tones to the palest sage, green gracefully weaves its way from room to room.

At the center of the room, a tall fir brushes the ceiling. [illegible] in satin and reflective finishes graduate in size from small to large, following the shape of the tree. [illegible] and yard after yard of gold package cord add sparkle to the tree, while keeping the look simple and sophisticated. [illegible] wraps loosely around the base of the tree, forming a quick and easy tree skirt. On top of the linen, boxes covered with plain papers and traditional bows keep the overall look clean and unified. [illegible] and embellished with frothy vintage laces grace the mantel and add heirloom charm. [illegible] and a quartet of myrtle topiaries are in keeping with the earthy elegance of the home.
To order a full-size pattern for the stockings shown, see *page 142.*

Project instructions begin on page 139

all is calm, all is bright

all is calm, all is bright









## Serene and simple

Snowflake motifs on the appliquéd quilt and the embroidered stockings drift into a room as gently as the real thing. Tucked inside the stockings, tiny old-fashioned gifts delight today's children as much as similar trinkets did their grandparents. Ivy topiaries, a swag of greens over the bed, ferns, and other plants mingle with the snowy designs, adding a bit of woodsy life.

The quiet calm of a bedroom merrily wakes up to the ringing giggles of children opening their first gifts on Christmas morning. A hand-appliquéd snowflake quilt covers the end of a Shaker-style four-poster. When turned back, the quilt reveals coordinating linens and blankets, creating interest with the layering of patterns, colors, and textures. A pattern inspired by the vintage quilt is chain-stitched onto the embroidered linen stockings. Though these were stitched by hand, many sewing machines do a similar stitch. Over the bed, a spray of mixed greens adds a holiday touch. Gather up a handful of different greens, including in the mix such plants as long- and short-needled evergreen, holly, and boxwood. Shape them into a pleasing spray, and wrap the ends with floral wire. Trim the ends and tie on a ribbon. To order a full-size pattern for the stockings shown, see *page 142.*





## Winter warmth

Cozy spots abound in the decorated bedroom, where sunshine streams through the windows. When the fireplace isn't lit, an intricate fisherman sweater keeps a child toasty, and quilts and soft mittens add a layer of warmth. Pots of moss, pinecones, and greens can remain after Christmas passes, serving as reminders that spring will return.

Evergreens and holly tucked into a firewood box and moss-filled pots let nature sing in a room filled with mittens and snowflakes.

hang from the fireplace in clothesline fashion. Miniature clothespins from the crafts store attach the mittens to linen twine. On the mantel, line up to form a tiny garden of green. Between the pots, pinecones are scattered as if on the forest floor. To whitewash the pots, wipe unpainted terra-cotta pots clean. Dilute white acrylic paint with water until it is the consistency of milk, and brush it onto the pots. While the paint is still wet, wipe away some of the paint with a clean, dry rag. Fill the pots with dirt, and top them with fresh moss purchased from the florist. (The moss may need to be special-ordered.)

all is calm, all is bright







## textural touches

When color is calm, texture becom more important. Glittering glass ar shiny Christmas balls play o nature's earthy touchables in smal intriguing scenes that catch the ey throughout the house.

Presenting common items in unexpected ways creates interest in the rooms. A compote filled with pinecones and moss finds a spot on a window seat. Twin vases filled with ornaments add sparkle to a cluster of dried hydrangeas and fresh greens. Along the mantel, fleecy mittens add softness to pinecones and moss-filled pots. Traditional English holiday crackers filled with candy and trinkets await the end of the meal and the beginning of gift-opening time. A garland of pleated ribbon under the mantel adds a touch of color behind linen stockings. To make the garland, accordion-pleat 3-inch-wide wire-edged ribbon at 3-inch intervals, leaving several inches at each end unpleated. Using an upholstery needl and fine string, pierce through the center of each pleat and thread it onto the string. When the garland is long enough, make a hanging loop in each end of the string. Trim the ends of the ribbon at 45-degree angles. Embossed bowls, stacked and brimming with balls, holly, and candles, fill a window with charm.









## humor and humility

Guests are put at ease when smiles are invited to the holiday meal. Who could resist metal cows grazing next to a tabletop pasture? For another surprise, fine china and crystal joins humble stoneware.

[redacted] serve as both a centerpiece and accents around the room. Grow your own grass by sewing seeds in a plastic-lined box several weeks before the festivities, or by planting sheets of wheat grass from a health food store. Purchase already-growing grass from a florist. Tie a plaid napkin with ribbon, [redacted] and place the napkin across the open space on the salad plate for a simple place-setting accent. For safety, substitute artificial holly berries for real ones, or use silk holly.

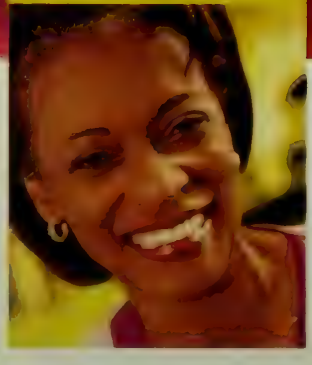


Project instructions begin on page 139
Buying information, page 220


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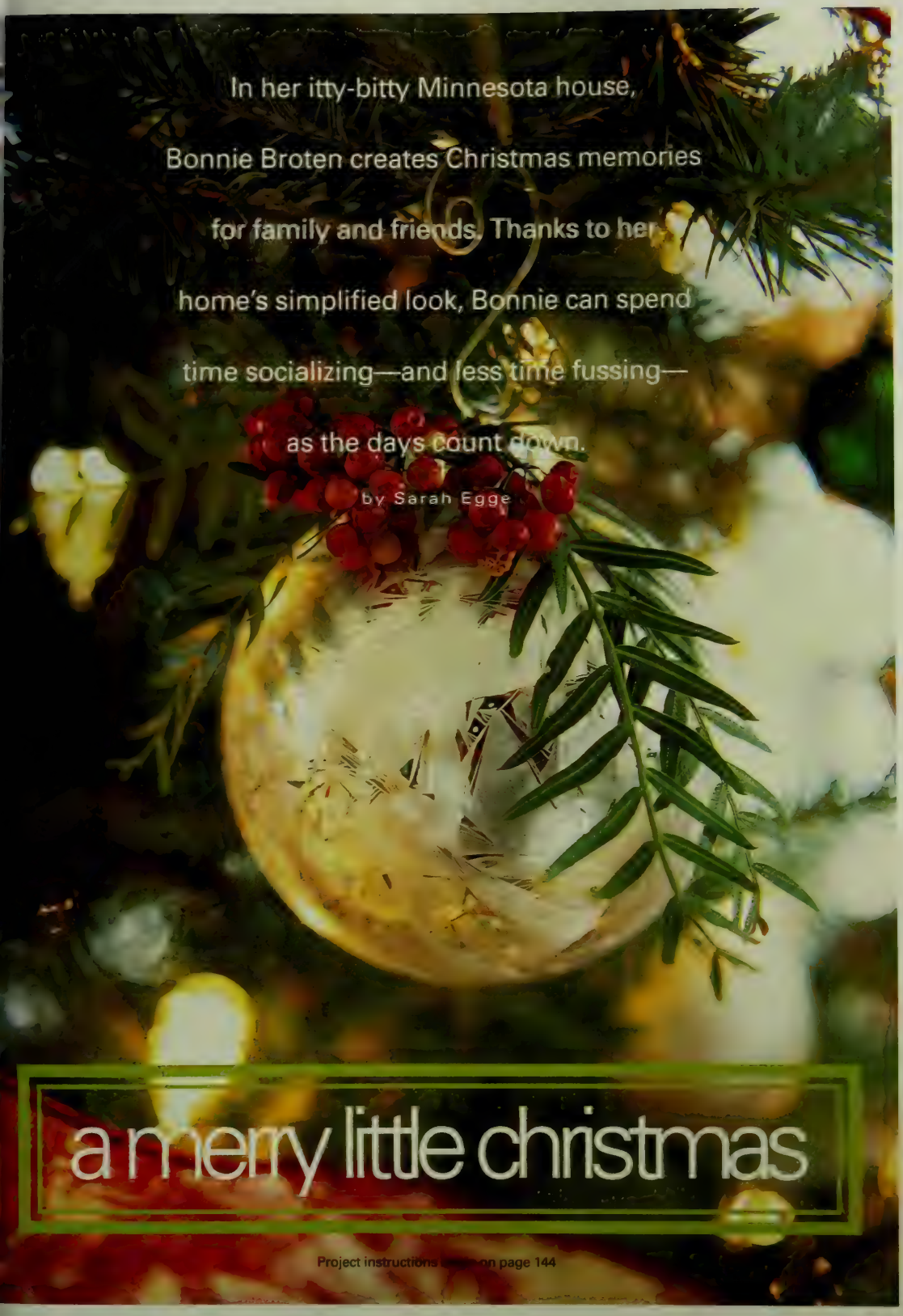


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In her itty-bitty Minnesota house, Bonnie Broten creates Christmas memories for family and friends. Thanks to her home's simplified look, Bonnie can spend time socializing—and less time fussing—as the days count down.

by Sarah Egge

# a merry little christmas

Project instructions begin on page 144

Three years ago, Bonnie Broten came home to Minneapolis. The longtime Seattle resident rediscovered her childhood love of lazy lakeside summers and crystal blue winter skies. She satisfied those longings by buying a cottage on Spring Lake and remodeling it to welcome the crisp northern light. Bonnie spent her first Christmas deep in remodeling dust, but by the second year, she was ready to celebrate the season in her home.

Bonnie's basic scheme is white, like the snow that blankets the house for so many months. "I like to change things," Bonnie says. "And white lets me do that." One seasonal change occurs in the fall when she switches white lampshades for black ones and adds black toile table skirts and red floral curtain panels.

These alterations are ready backdrops for her Christmas decorations: She adds more toile (in red), displays her Santa collection with red-bound books, hangs stockings, and tucks greenery into virtually every nook and cranny.



To order a full-size pattern for the stockings shown, see *page 148*.

Bonnie's mantel decoration changes little for the holidays. To her tole tray and botanical prints, she adds potted amaryllis and small votive candles (*right*). Stockings are sewn from the same toile/velvet combination as accent pillows.



# A simple palette of red, black,



and white builds consistency


Wispy garlands and delicate red

# erries subtly ring in the season.



French doors and interior windows (*right*) between the sun porch and living/dining area allow the Christmas tree to be glimpsed from any spot. Bonnie brings the tree's essence into the dining area with pepperberry greens (*left*).

Using lots of live greens as decorations allows Bonnie to indulge her desire for change—each year she can try something new. This season, the airy, wispy quality of pepperberry greens appealed to her. In season as early as August and as late as February, pepperberries are available through local florists. To make the chair wreaths, chandelier garland, and the centerpiece arrangement, Bonnie used about three bunches, which typically include 10 to 15 stems each.



Bonnie wraps presents in wallpaper scraps that fit her color scheme (*right*). She looks for single rolls on bargain tables at home centers, and stores them all year. An old tablecloth with a delicate crocheted edge makes a pretty tree skirt.

During the holidays, Bonnie weeds out her books—leaving ones with festive red covers—to create display space on shelves for her Santa collection. Votive candles and ornaments add sparkle and shine (*above*).

Placed in front of a wall of windows overlooking the frozen lake, the Christmas tree looks majestic bathed in soft afternoon light. Green, red, and silver ornaments sparkle next to big, old-fashioned clear lights. To tie in with the decorations used elsewhere in the house, Bonnie encircles the branches with red toile ribbon, and wires pepperberry greens to the tops of some of the ornaments (see *page 115*).

## Skillful editing makes room for


four special seasonal collections



Bonnie's bedroom reveals her passion for toile. Measuring just 10×12 feet, the room is made to feel even cozier by the richly patterned wallpaper. Bonnie plumped up her queen-size bed by layering it with a fluffy down duvet and white matelassé bedspread. At Christmastime, she tosses on a red toile throw that has a luxurious velvet reverse side. Her favorite ornaments, strung on ribbon at the window, add the final holiday touch without going overboard.

Bonnie changes the ornaments in her bedroom window from one year to the next according to what strikes her fancy—this year choosing some mercury glass stars and satin-finish balls (*above*). A jolt of red from the bed throw (*right*) is the only other shot of color in the black-and-white room.

Christmas color touches every



room—even the bedroom.





In a small house, no spot gets








1. On the sideboard in the dining area, Bonnie sets out a couple of wrapped gifts. They provide easy decoration that can be moved in a jiff when she's entertaining. Black tole trays and black lampshades signal her winter scheme is in place. During the summer, Bonnie replaces the trays with botanical prints and the dark shades with white ones.

2. Each dining chair has a small grapevine wreath pinned to its back. Bonnie tucks pepperberries and their greens into the wreaths, which she purchased at a crafts store.

3. Candle sconces and votives bring gentle flickering light to the mantel. The candleholders are encircled with stems of greenery. Potted amaryllis provide height. If you can't find the blooms already potted, buy several stems, anchor them in floral foam, and water them frequently.
To order a pair of potted red amaryllis, see *page 148.*

overlooked when adding cheer.




4. A garland of wood beads that look like cranberries—but aren't as messy—is draped from the wrought iron chandelier. Pepperberries and their greenery are tucked into the base of each light.

5. A ladder in her front hall leads to the loft space that Bonnie uses as a guest room and home office. To make the stairs a decorative asset, she attaches a graceful garland of greenery and stacks some wrapped packages on the steps.

6. Greeting visitors in the entry hall are a collection of papier-mâché carolers. Small Christmas trees and a trio of red-bound books give them a colorful backdrop.

While friends are ice skating, sledding, or cross-country skiing, they leave their boots and shoes to warm in the gazebo (*left*). This is the perfect opportunity for Bonnie to tuck small gifts inside them.

Project instructions begin on page 14

Bonnie waits for her daughter Blaire to get home from college to pick out their tree and have an annual Christmas gathering. Friends spend the day ice skating, tobogganing, or cross-country skiing on a frozen lake before reconvening at Bonnie's for hot toddies and a gift exchange.

But special moments are spent with just Bonnie and her daughter sharing news in front of the fire. "I get so excited when I know Blaire's coming home," Bonnie says. "There's nothing I like better than spending the holidays with her in our little house." ⌂

Buying information, page 220



Blaire Broten (*right*) lets Katie, the neighbors' collie, out after sharing some treats. Every Christmas, Bonnie waits for Blaire to pick out the tree. "We had some strange ones when she was little," Bonnie says. "Because she'd fall in love with one no matter what it looked like."




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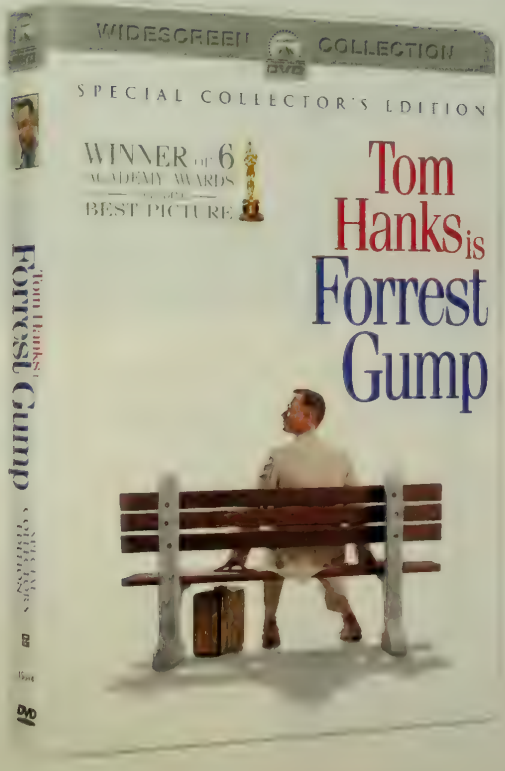
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# all through the house

This year, welcome St. Nicholas by hanging stockings, wreaths, and garlands with care—it's easy when you use these natural materials and easy techniques.

Project instructions begin on page 148

by Jim Williams and Kristine Kennedy



# stockings

Create stockings that are as fresh as a bowl of peppermints. (From *left* to *right*): 1. Sewn from a candy-striped dishtowel, this stocking is embellished with rickrack and other red trimmings. 2. White felt backing peeks through the Christmas tree cutout in this red felt stocking. Felt doesn't fray, so you can cut out the tree shape with scissors and finish the stocking's graduated edges with pinking shears. 3. As soft as a slipper, this white wool stocking has a loose shape. On the cuff, faux crystals that come attached to fabric tape is sewn along the edge. 4. An embroidered name leaves no question who this stocking is for. Treats show through the needlepoint canvas body. 5. Ruffles lend frivolity to this frilly version. Red satin ribbon is gathered, then stitched in overlapping rows to the stocking front.
To order a full-size pattern for the stockings shown, see *page 154*.



# wreaths

1. A tabletop wreath—festive on an entry table—can also serve as a centerpiece base on a buffet table. Gold jingle bells and petite pinecones are hot-glued in sections to a moss-covered plastic-foam form.

2. Vintage buttons bring winter's icy sparkle to an interior door. Old or new buttons are glued to a straw wreath form, which was first wrapped with grosgrain ribbon.

3. Sticks from the yard make a wreath that is outdoorsy and inexpensive. Bundles are wired together into an octagon, which is softened with wispy bush branches. Clip-on bird ornaments reinforce the natural theme.

4. In a twist on the ubiquitous pine wreath, a wire wreath form is filled with concentric circles of pine branches, cedar branches, and artificial champagne grapes. If hung in a cool area, these materials will survive all season.









# garlands






1. This holiday season, dress up window valances or soft shades with swags of upholstery cording and beaded garland. The swag's looped ends are secured with wire, then attached to the corners of the window treatment. Hide the wires with showy florist's bows and Christmas balls.

2. When you want to frame a view, try a barely there garland made from twigs. Use slender, delicate branches, such as spirea, a bush common in landscaping. (If it's not in your yard, you can order it through a florist.) Tie on some organdy ribbon and attach clip ornaments to dress up the woodsy image.

3. For an autumn harvest look that takes you straight into winter, string together a garland using small bouquets of dried materials, such as wheat, rye, oats, strawflowers, and baby's breath. The companion wreath begins with the same small bouquets, which are then wired to a straw wreath form.





# garlands






4. A sprig of holly is so varied in color and shape that it needs nothing else to be interesting. To form a garland out of holly or other lightweight materials, simply wire the sprigs to each other, overlapping the stems and wrapping wire where they intersect.

5. Glossy lemon or salal leaves offer an elegant alternative to evergreens, and they are especially appropriate for garlands featuring citrus fruits. Sprays of cinnamon sticks add visual interest and a festive aroma. Consider this a party or special-occasion garland, as fruits will last one to two weeks (or longer in a cool environment).

6. When assembling a garland from heavy materials, such as these white pine branches, begin with a base of sisal cording for stability. Then, wire the branches to the cording. For added color, intertwine greens with wire-edged ribbon, which holds its shape.

Project instructions begin on page 148



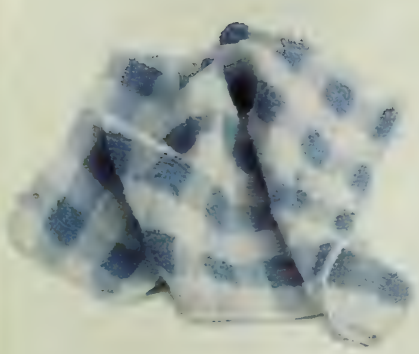
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# loliday Projects

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eck the halls with projects designed for l skill levels. The stories begin on *page 13*; complete instructions begin *below*. o view projects and instructions online to print patterns, visit www.bhg.com.


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## ll Is Calm, All Is Bright

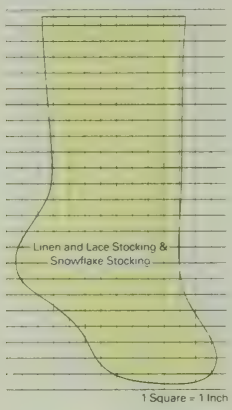
### litten Door Decoration *page 103*

Materials: One pair of mittens; wide ibbon for hanging; T-pins (available t crafts stores); assorted greenery; taple gun and staples.

Instructions: Cut two lengths of ibbon reaching from the top edge of he door to the point you want the nittens to hang. Staple the ribbons o the narrow top edge of the door. Pin a mitten to each ribbon end. Clip mall branches of greenery and rrange them in each mitten. If the veather is cold and damp, the greens will stay fresh for two or more weeks. In warmer climates, indoors, or if the greens are sappy, place the greens in water-filled floral vials first.

### Linen and Lace Stockings *page 139*

Materials for each stocking: 1 yard of natural linen fabric; scraps of vintage lace; 2 yards of ⅜-inch-wide satin cording with flat flanged edge; 6-inch length of ribbon (optional).




Instructions: Enlarge the pattern (*above*) to scale and cut it out, adding ½-inch seam allowances all around. Cut out a stocking front and back.

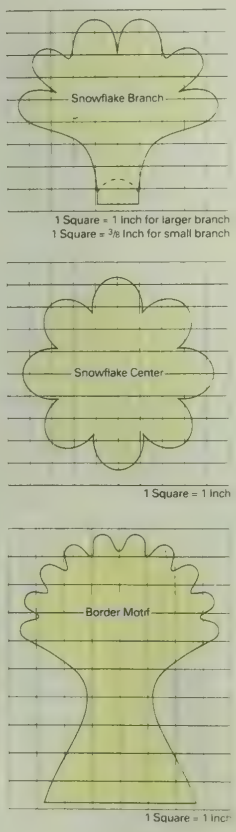
Pin the laces to the stocking front. Trim the sides of the laces even with the stocking sides and keep the upper 1 inch of the stocking free. Sew the laces in place.

Using a zipper foot, baste the cording around stocking front. Leave the upper edge free of trim. With right sides facing, pin the stocking back to the front. Sew over the previous stitching line. Trim the seam allowances, clip the curves, turn to the right side, and press. Narrowly hem the upper edge. Fold the upper 1½ inches to the inside. Topstitch around the upper edge.

For a fabric hanger, cut a 3×6-inch piece of linen. Fold the strip in half lengthwise with wrong sides facing and press. Press under the raw edges and topstitch ⅛ inch from all sides. Note: A ribbon hanger may be substituted for the fabric hanger. Fold the hanger in half to form the loop and pin it to the inside of the stocking back. Sew the loop ends in place.

### Appliqued Snowflake Quilt *page 106*

Materials: 5 yards of white cotton fabric; 3 yards of blue-green cotton fabric with a small print pattern; 5 yards of backing fabric; 2 yards of cotton quilt batting.




Instructions: From white, cut six 21-inch squares for the quilt center; cut two 12×61-inch strips and two 12×83-inch strips for borders.

Enlarge the pattern pieces (*above*) to scale and cut out each piece, adding ¼-inch seam allowances. From the print fabric, cut 9 centers, 36 large branches, 36 small branches, and 32 border motifs.

To hand-appliqué the snowflakes, clip the curves a scant ¼ inch in from the edge all around, clipping every ⅛ to ¼ inch. Fold under and lightly press all the seam allowances.

Pin a snowflake center to the center of each 21-inch square. Pin the snowflake branches around the

continued on page 142

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continued from page 139



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center, alternating between large and small. Tuck the ends of the branches under the center, aligning the dashed lines of the branches with the curves of the snowflake center. Using small, close, evenly spaced stitches, blindstitch each piece in place.

With right sides facing, sew the white squares together into three rows of three, using ½-inch seams. Stitch the rows together to form the quilt center. Set aside.

Clip and press the border motifs in the same manner as the branches, leaving the bottom edge unclipped. For the 12×61-inch strips, pin one motif at the center of the strip, aligning the raw edge of the motif with the raw edge of the strip. Pin three border motifs on each side of the center motif, evenly spacing them. Blindstitch the motifs in place.

For the 12×83-inch strips, pin one motif at the center of the strip, aligning the raw edge of the motif with the raw edge of the strip. Pin three border motifs on each side of the center motif, leaving room for the two remaining motifs to be placed perpendicular at the ends of the strip; they will correspond with the motifs on the shorter strips. Evenly space the motifs. Blindstitch the motifs in place as described above.

Sew the short border strips to the top and bottom of the quilt center and the long border strips to the sides. Press the seams.

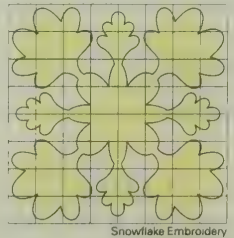
Piece the backing fabric to fit the quilt. With the right sides of the backing and quilt facing out, layer the backing, batting, and quilt. Pin or baste the layers together. Hand- or machine-quilt as desired.

Trim the edges as needed. Cut 2-inch-wide binding strips 1 inch longer than each side of the quilt, piecing as necessary. Fold the strips in half lengthwise and press. Turn under the raw edges and press to create finished binding strips.

Bind the edges of the quilt as desired, encasing the raw edges. Machine- or hand-stitch the binding in place.

### Embroidered Snowflake Stockings *page 108*

Materials for each stocking: 1 yard of green linen fabric; water-soluble fabric marker; 2 to 3 strands of 3-ply off-white embroidery wool; tapestry needle; 2 yards of ⅜-inch-wide satin cording with flat flange edge.



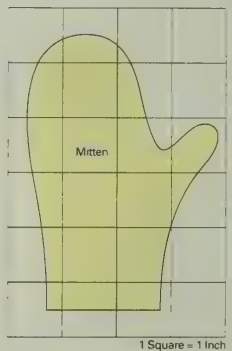
Snowflake Embroidery
1 Square = 1 Inch

Instructions: Enlarge the stocking pattern on *page 139* to scale and cut it out, adding ½-inch seam allowances all around. Cut out a stocking front and a stocking back.

Enlarge the snowflake pattern (*above*) and cut it out. Determine the desired placement of snowflakes on stocking front and trace around pattern with the fabric marker. (S the photographs on *page 108* f details.) Using one ply of embroide wool, chain-stitch over the marking Assemble the stocking in the sam manner as the Linen and La Stockings on *page 139*.

### Mitten Garland *page 109*

Materials: Scraps of natural cotto quilt batting; linen twine or oth natural string; miniature clothespi (available at crafts stores).




Instructions: Enlarge the patter (*above*) to scale. For each mitten, c a front and a back. Pin two mitte together, wrong sides facing. Zigza around the mitten, leaving the fl edge open. Repeat for each mitten

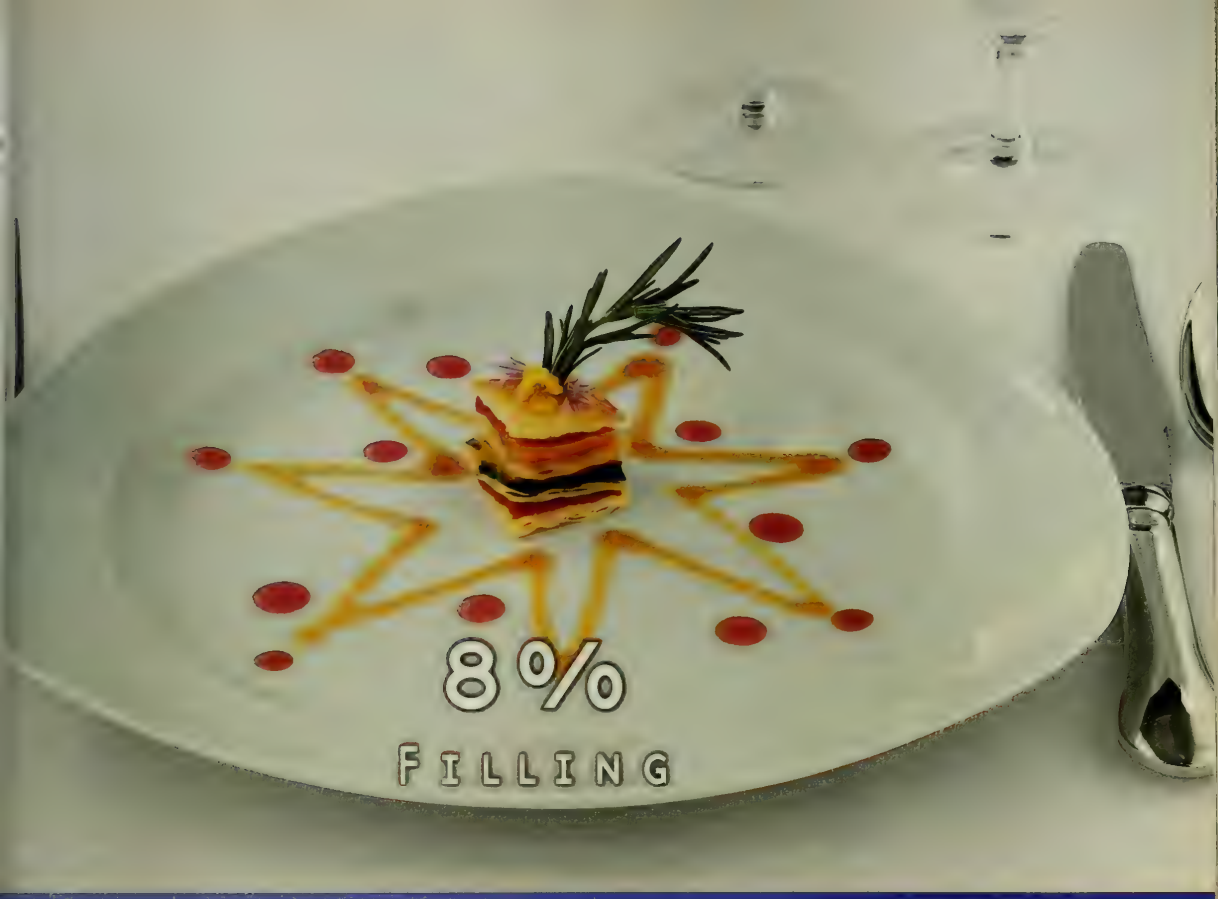
Drape the string from the mante allowing the ends to dangle freel Attach the mittens to the string wit miniature clothespins.

### Holiday Crackers *page 111*

Materials: Cardboard tubing fro paper towels or gift wrapping pape 8½×11-inch sheets of decorativ printed papers (available from craft or paper stores) or gift wrap cut t size; computer printouts of name scraps of ribbon and cord; transpar ent tape; hot-glue gun and glu sticks; candies or small trinkets crafts knife.

Instructions: Cut the tubing int 8-inch lengths. Cut the paper to fi around tube, letting the paper exten beyond the ends of the tube severa inches. Tape the paper in place. Ti one end of paper closed with ribbo

continued on page 14







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continued from page 142

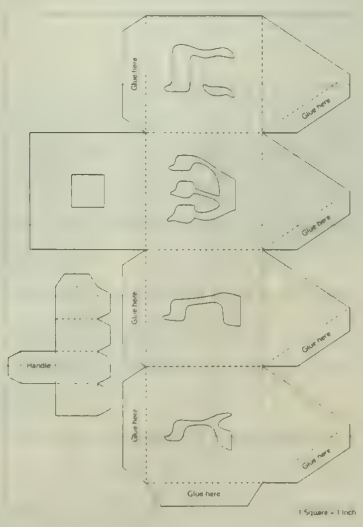
or cord. Fill tube with candies and trinkets, and tie the second end shut.

Cut the names into strips and wrap the strips around the tubes, trimming away excess paper. (See the photograph on *page 111* for details.) Tape or glue the names to crackers. Hot-glue ribbons to the crackers.

## Our Eight Nights of Light

### Paper Dreidel Garland *page 46*

Materials: colorful heavyweight papers, such as construction paper or card stock; crafts knife and self-healing mat (a piece of glass may be substituted for the mat); straightedge; rubber cement or tacky crafts glue; acrylic paints and small brushes (optional); heavy darning needle; silver cord for stringing.




Instructions: Enlarge the pattern (*above*) to scale. Cut out dreidels and handles along the solid lines only. Make enough dreidels to fill the garland, leaving several inches between each dreidel. Trace the Hebrew letters onto the dreidels and paint them with acrylic paints, or cut out the letters from contrasting paper and glue them in place.

Place a dreidel and handle right side up on the self-healing mat or glass. Using a straightedge and crafts knife, lightly score along all the dashed lines. Cut less than halfway through the paper. Fold along each of the fold lines. Unfold the dreidel.

For the dreidel: Apply glue to the side flap, refold the dreidel into a square shape. Apply glue to the end flaps and fold the end into a point.

For the handle: Apply glue to the side flap, fold the handle into a box, and glue the flap in place. Fold the top down, fold the flap under, and glue the flap in place. After the glue dries, pierce through opposing sides with a heavy darning needle to create holes for stringing. Fold the lower flaps under and glue them to the center of the dreidel top.

Thread the cord onto the darning needle and carefully string dreidels onto the cord. If desired, place small knots in the cord to keep the dreidels from sliding as they hang.

### Gelt Bags *page 48*

Materials for four bags: ¼ yard silver organza; pinking sheers; 1 yard narrow cord or ribbon; gelt or other gifts and trinkets for filling the bags.

Instructions for each bag: Cut two 4×7-inch rectangles from organza using pinking sheers. With right sides facing and using ¼-inch seam allowances, sew the rectangles together along the sides and bottom.

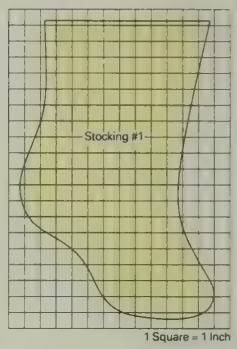
Turn the bag to the right side. Place the gelt and other gifts in the bag and tie the top closed with 9 inches of ribbon or cord.

## A Merry Little Christmas

### Red Toile Stockings *pages 116–117*

Materials for each stocking: 1 yard toile fabric (¾ yard for small stockings); scraps of red velvet; red upholstery cord with a flange edge.

Instructions: Enlarge desired pattern (*above* and on *page 147*) to scale, adding ½-inch seam allowances to all sides. (Stockings are numbered from 1 to 5, based on order from left to right in the photo on *pages 116–117*.) Cut a stocking front and a stocking back.




For the velvet-cuffed stockin
Use your pattern as a guide for t
band shape. Cut two velvet bands
inches deep for the wide-cuff sto
ing (#3) and 6 inches deep for t
narrow-cuff stockings (#1, #4, or #

Cut a 2×8-inch strip for a hang
With wrong sides facing, press it
half lengthwise, turning under all t
raw edges. Topstitch ⅛ inch fr
each side. Fold the strip in half cro
wise and sew it to the upper corn
of the wrong side of the stocki
back so the raw edges match, t
loop faces toward the stocking, a
the hanger is free from the seamli

Using a zipper foot, baste t
cording to the right side of the sto
ing front. Leave the top free. No
The cording may be eliminated.

continued on page

JEWISH HOLIDAY STYLE



Rita Brownstein's ***Jewish Holiday Style*** helps transform the Jewish holidays into celebrations for the contemporary Jewish reader. For each of the ten major holidays, the author offers suggestions for mouthwatering menus and creative projects that will bring the whole family together. The 143-page hardcover book from Simon and Schuster contains color photos and step-by-step illustrations. The cost of the book is $37.95, which includes shipping, handling, and applicable sales tax.

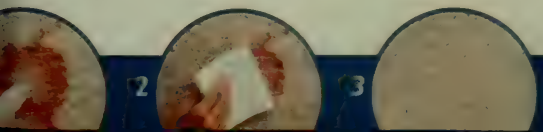
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nued from page 144

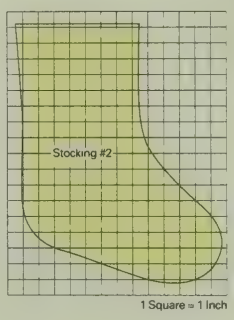
ith right sides facing, sew the king front to the back along the ing line. Trim the seam vances, clip the curves, and turn. ith right sides facing, sew the t ends of the cuff together to a continuous loop. Slip the cuff le the stocking with the right of the velvet facing the wrong of the stocking and the raw es and seamlines matching. Sew cuff to the stocking along the edge. The hanging loop will be ased between the cuff and back. arrowly hem the cuff. Turn up nch for the narrow-cuffed stock- and 1½ inch for the wide-cuffed king. If desired, pin cording to cuff edge, butting the cording he fold of the cuff. Topstitch a nch hem all around the cuff edge. d the cuff down over the stocking. or the velvet-banded stocking : Cut the top 5 inches from the king front and back; set aside. Following the pattern, cut 5-inch-wide bands of velvet to fit the stocking above the line. With right sides facing, sew the stocking front to the k, leaving the top edge free. Sew the short ends of the et bands together making a continuous loop. Sew the top es of the stocking together in the same manner.

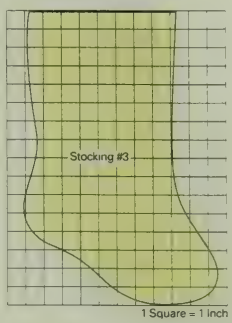
Using a zipper foot, baste cording to the upper and lower es of the velvet band. With right sides facing, sew the et band to the stocking top. Make and attach a hanging p to the top of the band as described *above*. Sew the toile to the remaining edge of the velvet along the basting line. Narrowly hem the upper edge of the stocking. Turn the top he inside so the hemmed edge meets the seamline between velvet and the top toile band. Slipstitch the edge in place.

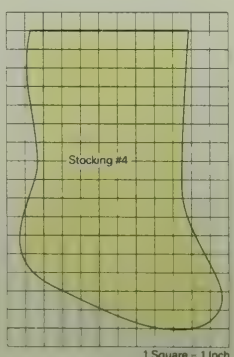
### l Toile Pillows *page 116*

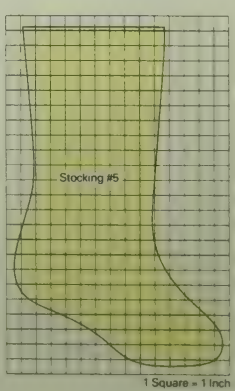
terials: For one small pillow: 15-inch square of toile fabric 15-inch square of velvet; 1⅝ yard upholstery cording h a flanged edge; 14-inch-square covered pillow form. For large pillow: 19-inch square of toile fabric and 19-inch are of velvet; 2⅛ yards upholstery cording with a flanged e; 18-inch-square covered pillow form.

nstructions: Using a zipper foot, baste the cording to the er edge of the toile. With right sides facing, sew the et to the toile along the basting line. Leave an opening for erting the pillow form. Turn the cover to the right side. Slip pillow form into the cover. Slipstitch opening closed.

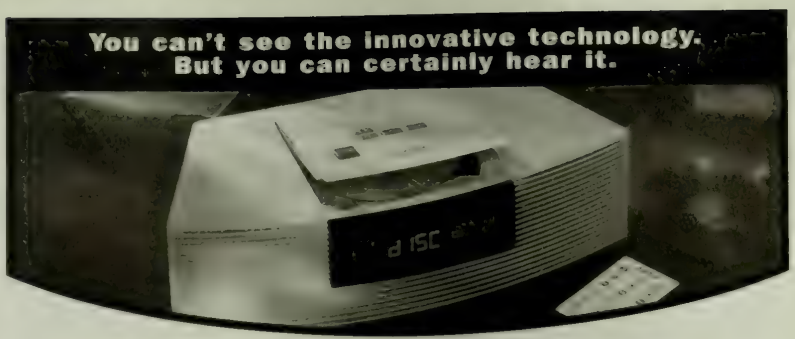



continued on page 148


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# Holiday Projects

continued from page 147

**A MERRY LITTLE CHRISTMAS STOCKINGS PATTERNS**



Make these Toile Stockings (*above* and on *pages 116–117*) with your own materials and our easy-to-use **A Merry Little Christmas Stockings Pattern Pack**. Each pattern pack contains the *full-size* patterns plus color photos of the stockings, lists of materials, and step-by-step instructions. The cost of the pack is $24.95, which includes shipping, handling, and sales tax.

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### Chair Wreaths *page 118, 124*

Materials: 10- to 12-inch diameter twig wreath; fresh or preserved pepperberry sprigs; corsage pin or T-pin; monofilament or narrow ribbon.

Instructions: Trim the pepperberries into small sprigs and gather them into clusters. Tuck the clusters of pepperberries into the wreath, intertwining them with the twigs. If necessary, trim the ends of the stems.

To attach the wreath to the chair back, weave a corsage pin or T-pin into the chair-back fabric. Tie a loop of monofilament or narrow ribbon to the back of the wreath and hang it from the pinhead.

### Red Toile Throw *page 122*

Materials: 2 yards each of red toile fabric, red velvet fabric, and cotton quilt batting; 6½ yards red upholstery cording with a flanged edge.

Instructions: Cut each of the fabrics and the batting to 42×72 inches. Lay the toile over the batting, right side up. Baste the toile to the batting. Using a zipper foot, baste the cording to the outer edge of the toile and batting. Turn the seam allowances to the back and pin or baste in place.

Turn the throw over so the batting faces up. Press under the seam allowances of the velvet backing. Pin backing over the batting so it butts against the cording. Slipstitch the backing to the seam allowances.

### Pepperberry Garland *page 124*

Materials: Fresh or preserved pepperberry; thin green florist's wire; loosely curved twig garland.

Instructions: Clip the pepperberry into 10- to 12-inch lengths. Gather the pepperberry sprigs into small bundles and wire stems together.

Extend the twig garland. Insert the pepperberry stems into the garland and wire them in place where necessary. Cover most of the twig garland, but let some twigs show through.

## All Through the House

### Citrus and Lemon Leaf Wreath *page 129*

Materials: 18-inch 4-wire box wreath form; fresh lemon or salal leaves (available from florists); small oranges, lemons, and limes; kumquats; cinnamon sticks; 24- and 30-gauge florist's wire on paddles; purchased or self-made bow.

Instructions: Attach the loose end of the thin florist's wire to one rung of the wreath form. Clip 6-inch branches of leaves, each having 5 to 7 leaves per branch. Gather a small bunch of leaves and wire them to the form. Without clipping the wire, continue attaching bunches of leaves to the form until it is full. Work so the leaves all face one direction.

To attach the fruit, cut a 12-inch length of heavier wire. Slide the wire through the middle of the fruit. Twist the wire around the fruit, then wire the fruit to the wreath form. Add the fruit to about half the wreath, letting it taper off to smaller fruits at each end.

Cut wire twice the length of e cinnamon stick plus 8 inches. S the wire up through the hollo one side of the cinnamon stick back down through the other s Gather three cinnamon sticks twist the wires together. Add clusters of cinnamon sticks.

Attach a bow to the wreath.

### Dishtowel Stocking *page 130*

Materials: Two red and white li dishtowels; 24 inches of jumbo w rickrack; 24 inches of matching t

Instructions: Enlarge the patt on *page 150* to scale, adding ½-i seam allowances all around. Pl the pattern onto the towel so hem of the towel becomes the up edge of the stocking. This will t back to become the finished cuff

continued on page

**POTTED AMARYLLIS**



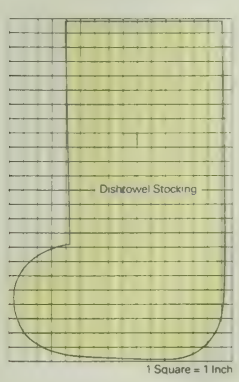
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# Holiday Projects

continued from page 148




With right sides facing, sew the stocking front to the stocking back, leaving the top 8 inches of the sides unstitched. Trim and zigzag the seam allowances.

Turn the stocking right side out. Sew the front to the back along the remaining 8 inches of each. Trim and zigzag the seam allowances. Fold the upper 8 inches down to form the cuff. Sew decorative trim to the cuff edge. Sew rickrack to the cuff.

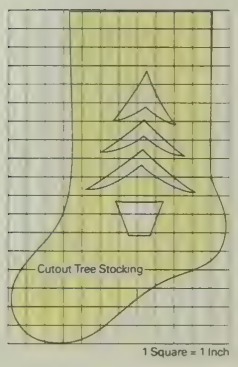
Cut a 3×8-inch remnant for the hanger. Fold the strip in half lengthwise and press, turning in the raw edges. Topstitch ⅛ inch from both long edges. Cut the raw ends at a 45-degree angle. Fold under the raw edges and sew to the stocking at the inside of back cuff.

### Cutout Tree Stocking *page 130*

Materials: ½ yard each of red and white felt; red sewing thread; small sharp embroidery scissors; fade-away fabric marker; pinking shears; seven small white pom-poms; fabric glue.

Instructions: Enlarge pattern (*right, top*) to scale. Cut a rectangle of white felt and two rectangles of red felt 2 inches larger than the pattern.

On one red piece, transfer the tree design to the back and cut along the lines with embroidery scissors, removing the tree image. Layer the felt pieces, sandwiching the white piece between the two red pieces so the tree cutout is on top.



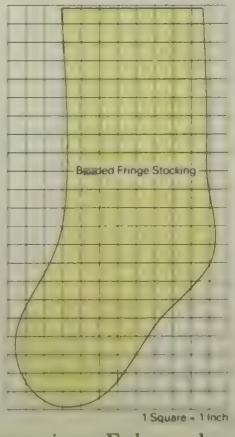

Position the pattern over the felt so the tree design on the pattern is aligned with the cutouts. Lightly trace around the pattern. Sew the top two layers together along the top edge. If desired, sew ⅛ inch from the cut edges to hold the red and white fabrics together. Sew all the layers together along the outline.

With pinking shears, cut the top layer of felt close to the stitched line. Cut the second layer ¼ inch beyond the first and the third layer ¼ inch from the white.

Cut a 1×8-inch strip of felt for the hanger. Fold the hanger in half crosswise and sew to the inside back of the stocking. Glue pom-poms to the tips of the tree.

### Beaded Fringe Stocking *page 131*

Materials: 1 yard of white polar fleece; ¾ yards each of crystal beaded fringe with a decorative flange edge and red bias tape.



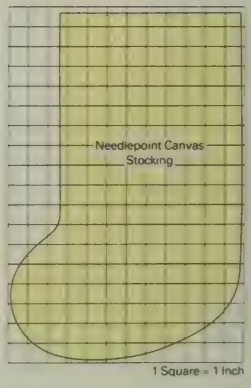

Instructions: Enlarge the pattern (*above*) to scale, adding ½-inch seam allowances all around and 8 inches the top for the cuff. Cut a stocki front and a stocking back.

Assemble the stocking the same the Dishtowel Stocking on *page 14* For the hanger, cut 8-inch lengths bias tape and beaded fringe. Snip t beads from trim and sew the trim the tape. Fold the hanger in h crosswise and sew it to the inside the stocking.

Stitch beaded fringe to the cent of the bias tape, then stitch the ta 1 inch from the cuff edge.

### Needlepoint Canvas Stocking *page 131*

Materials: 12×18-inch piece of # white mono needlepoint canvas; 3 4 strands red wool tapestry yar tapestry needle; 12×18-inch piece red felt; ½-inch-wide red bias tap pencil or permanent marker; clip-a book of letters, stencils, or comput fonts for the name or initials.

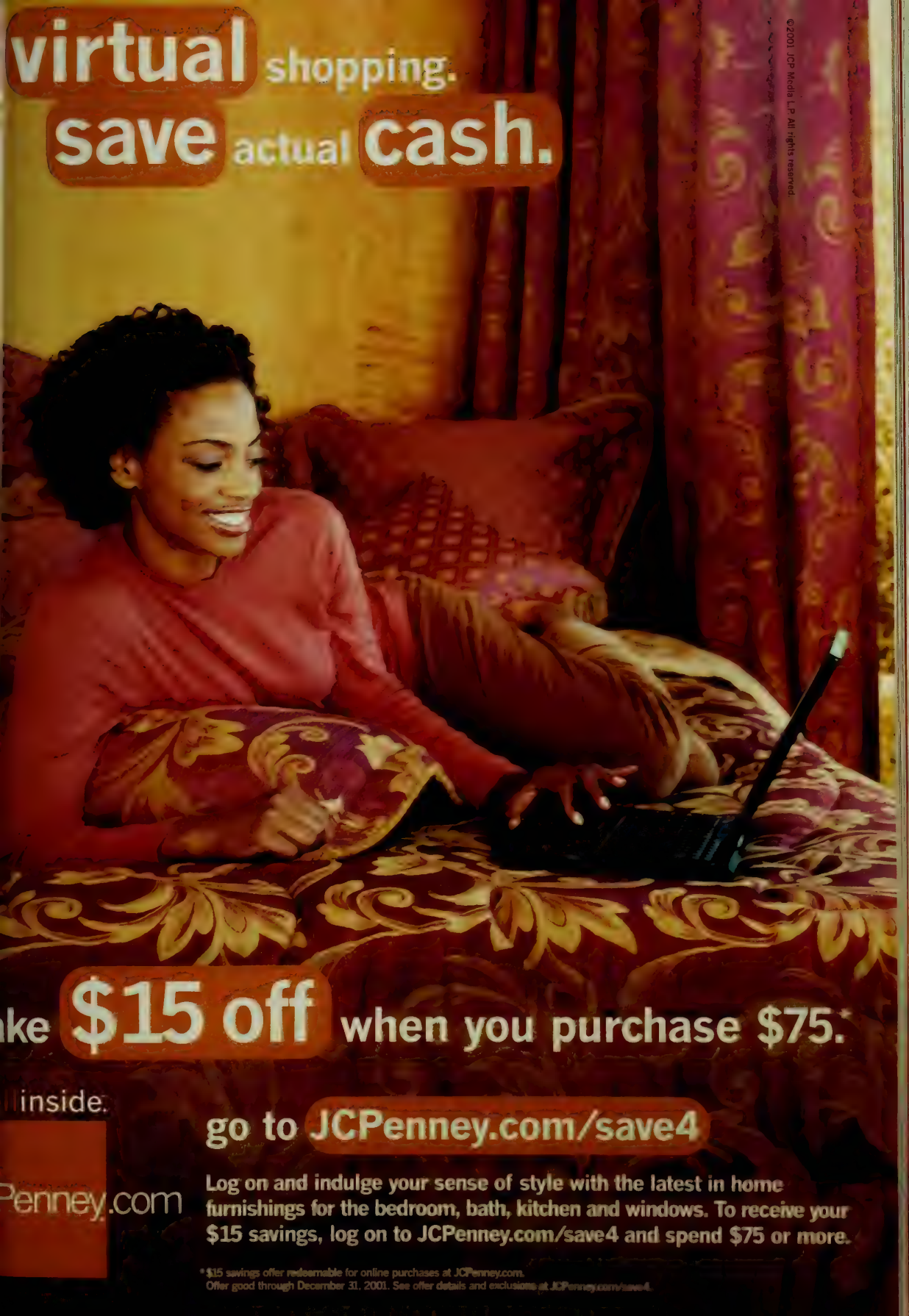



Instructions: Enlarge the stockin pattern (*above*) to scale. Trace th pattern onto the canvas.

If necessary, use a copy machine scanner to enlarge the letters to f the stocking. Lightly trace the lette onto the canvas. Stitch the lette with wool yarn using a tent stitch Stitch the heel and toe outlines usin cross-stitches. Cut out the stockin along the marked lines.

Cut a stocking back from felt. Cu an 8-inch length of bias tape. Top stitch along edges to create hange Fold the hanger in half crosswise an

continued on page 15


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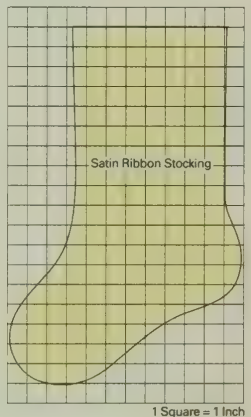
continued from page 150

baste to the wrong side of the felt back ½ inch from the outer corner. T raw edges of the bias strip and stocking edge should meet and the loop sho face toward the center of the stocking. Sew bias tape to the top of both stocking front and the stocking back, encasing raw edges.

With wrong sides facing, pin the stocking front to the stocking back. S bias tape around the sides and bottom, encasing the raw edges and leaving top edge open. Tack the raw edges of the tape to the inside.

### Satin Ribbon Stocking *page 131*

Materials: 5 to 7 yards of 2-inch-wide double-faced red satin ribbon (more fuller gathers, less for softer gathers or stiffer ribbon); ½ yard of white f red sewing thread; 8 inches of 1-inch-wide satin ribbon for the hanger.




Instructions: Enlarge the pattern (*left*) to sc adding ½-inch seam allowances to all sides. C out a stocking front and back.

Sew a gathering stitch along one edge of ribbon and pull up the gathers. Starting at the of the stocking front, topstitch the ribbon o the felt front. Trim the ends even with the f Add another row of ribbon over the first, ov lapping the ribbon so the gathering and stit ing lines are covered. Trim the ends even with felt. Continue in this manner until the ent stocking is covered with gathered ribbon. As y work up the stocking, you may need to angle ribbon slightly to accommodate the stocking's curves.

With right sides facing, sew the stocking front to the stocking back. Tr away any excess ribbon from the seam allowances. Turn the stocking right s out and topstitch along the edges, leaving the top open. Fold the 1-inch-wi ribbon in half crosswise. Sew to the inside back of the stocking for a hang

### Pinecone Tabletop Wreath *page 132*

Materials: 14- to 16-inch moss-covered wreath form; ¾-inch-diameter g jingle bells (approximately 100 to 150 depending on the wreath size); sm pinecones, about ¾ inch diameter (available at crafts stores); hot-glue gun a glue sticks; wire (optional).

Instructions: If the wreath will be hung, wrap a wire around the wreath fo and make a loop for hanging. Cover the wire with bells as described *below*

Divide the wreath into equal quadrants, marking off each section w pins. At each mark, glue three concentric rows of jingle bells to the wrea making sure one of the rows covers the wire. Pack the bells tightly so th cover the moss. Glue pinecones to the remaining surface of the wreath.

### Button Wreath *page 132*

Materials: 14- to 16-inch-diameter straw wreath form; 4 to 6 yards 1½-inch-wide white grosgrain ribbon; straight pins; vintage white butto tacky crafts glue; 3-inch-wide ribbon for hanging; silver branches (optiona

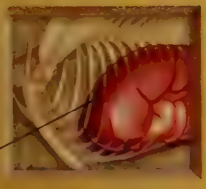
Instructions: Tightly wrap the straw wreath form with ribbon, complet covering the straw. Pin the ribbon in place. Glue the buttons to the ribb

continued on page 1

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## Holiday Projects

continued from page 152

### ALL THROUGH THE HOUSE STOCKINGS PATTERNS



Make the Dishtowel Stocking, Cutout Tree Stocking, Beaded Fringe Stocking, Needlepoint Canvas Stocking, and Satin Ribbon Stocking (*right* and on *page 130*) with your own materials and our easy-to-use **All Through the House Stockings Pattern Pack.** Each pattern pack contains the *full-size* patterns plus color photos of the stockings, lists of materials, an alphabet for personalization, and clearly written step-by-step instructions. The cost of the pack is $24.95, which includes shipping, handling, and applicable sales tax.

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spacing the buttons tightly. If necessary, overlap buttons to completely cover the ribbon.

To hang the wreath, loop ribbon through the cen Bring the ribbon over the top of the door or to hanging point on the wall, and tack or staple it in pla leaving long tails to dangle back down. Trim the tails a V shape. If desired, tuck silver branches into the lo

### Twig Wreath *page 132*

Materials: 48 to 64 straight sticks, at least 10 inches lo and about ¼ to ½ inch in diameter; fine, feath branches, such as spirea; florist's wire; twine; hot-glue g and glue sticks; branch clippers; clip-on bird ornamer 1 yard of 2-inch-wide ribbon for hanger, if desired.

Instructions: Gather the sticks into eight bundles 6 to 8 sticks each. Cut the sticks to approximately 10 inches in length. About 3 inches from each end, wire both ends of each bundle together.



Lay four bundles in a square. Place the remaining bundles at 45-degree angles across the ends of the first bundles to create

a second square. (See the photograph on *page 154* for details.) Wire the bunches together at each intersection to create the wreath. To cover the wire, cut 18 to 24 inches of jute for each intersection. Tie the twine tightly around the branches, then wrap the twine around the sticks to cover the wire. Glue the ends of twine to secure.

Add small, feathery branches to soften the shape. Add clip-on bird ornaments, and hang from a ribbon.

### Evergreen and Grape Wreath *page 133*

Materials: 14-inch 4-wire box wreath form; artificial champagne grapes; fresh pine or spruce; cedar; florist's wire; branch clippers.



Instructions: Wire the grapes to the innermost wire circle of the wreath form, packing them tightly. Add grapes until the band is 2 to 3 inches wide and solid.

Clip pine or spruce into small branches and insert the stems between the wires of the wreath form. (See the photograph *above*.) Clip small branches of cedar and insert them over the pine and under the grapes.

### Bead and Cord Swag *page 134*

Materials: Gold and white satin upholstery cording in various sizes and shades (yardage will vary with your window size); gold and silver bead strands; 1½-inch-wide off-white wire-edged satin ribbon; 1-inch-diameter wired silver Christmas balls; florist's wire.

Instructions: Determine the length of cords needed for the swag, adding at least 1 yard for draping and doubling the drop on each end.

Cut the cords to length and wire one end of the cords together. Repeat for the other end. Fold the cord to create a looped end for the drop. Wire all the cords together to hold the loop in place. Repeat for the other end.

Drape cords and beads from small nails or tacks, altering the lengths to achieve a graceful draping.

Make and add ribbon bows and clusters of small silver balls to cover the raw ends of the cording. Secure to cording and nails with additional wire.

### General Garland Instructions *pages 134–136*

The garlands pictured in "All Through the House" are constructed using one of two methods: Lightweight materials can be wired together stem to stem with no

continued on page 156

PHOTOGRAPH: JON JENSEN





## Barbie™ Now We're Cooking Sweepstakes

SWEEPSTAKES RULES: NO PURCHASE NECESSARY TO ENTER OR WIN. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. To enter: 1) Print your name, address and daytime phone number on the entry form or send the same information on a 3" x 5" postcard and mail to: Barbie Sweeps, P.O. Box 9552, Des Moines, IA 50315-0305. Sponsors assume no responsibility for illegible, lost, late, misdirected, incomplete or stolen entries or mail. Entries become property of sponsors and will not be returned. Open to legal U.S. residents who are 18 years of age or older, except employees of Meredith Corporation, Mattel, Inc., their agents, affiliates, subsidiaries and members of their immediate families or persons residing in the same household are not eligible. Winner will be notified by mail. Decisions of judges are final and binding in all respects. Entrants agree to be bound by the official rules. The awarding of any prize is contingent upon compliance with the official rules. Entry constitutes permission to use winner's entry, name, hometown, voice, likeness, photograph and any statements regarding this sweepstakes for editorial, public relations, promotional and advertising purposes on behalf of sponsors without compensation unless prohibited by law. Winner will be required to complete an Affidavit of Eligibility and Liability/Publicity Release within ten (10) days of notification. Noncompliance with these rules or return of prize notification as undeliverable will result in disqualification and an alternate winner will be selected by random drawing from among all eligible entries. By participating and winning a prize, winner releases sponsors, their parents, affiliates, subsidiaries and agencies and their respective directors, officers, employees and agents from any and all liability with respect to the prize. No prize substitution, transfer or cash in lieu of prize, except at discretion of sponsors. Subject to all U.S. federal, state and local laws and regulations. Void where prohibited. Taxes on prize are the sole responsibility of winner. Sponsor and promoter: Meredith Corporation, 1716 Locust Street, Des Moines, Iowa 50309-3023. Sponsor: Mattel, Inc., 333 Continental Blvd., El Segundo, CA 90245-5012. First prize winner list, available after 01/31/02. Send a separate SASE to Barbie® Sweepstakes, BH&G, 1716 Locust St., LS253, Des Moines, IA 50309-3023.

**The above rules apply to both of the sweepstakes below**

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This sweepstakes may be offered in different creative executions. Barbie is a trademark owned by Mattel, Inc.

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# Holiday Projects

continued from page 155

support. A twine or rope foundation will be needed for heavier materials.

In both cases, small clusters of material are wired together at the stems. Place the head of the second cluster over the stems of the first cluster, and wire all the stems together. Repeat, adding more clusters until the garland is complete. The head of each cluster should cover the stems of the previous cluster.

### Twig Garland *page 134*

Materials: Fine branches, such as spirea; florist's wire; pruning shears.

Instructions: Clip the branches into sprigs. Select a full branch to begin. Add additional branches as described in the general instructions.

### Dried Grasses Garland *page 135*

Materials: Assorted dried materials, such as wheat, oats, strawflowers, rye, and baby's breath; sisal cording; florist's wire; craft scissors.

Instructions: Cut a length of sisal cord the desired length of garland.

Divide the dried materials into small bunches and wire the stems of each bundle, placing flower or seed heads as closely together as possible. Trim the stems to about 4 inches.

Wire the first bundle to the cord. Complete the garland as described in the general instructions.

### Dried Grasses Wreath *page 135*

Materials: 10 to 12 bunches of dried materials, such as wheat, rye, oats, strawflowers, and baby's breath; florist's wire on a paddle; craft scissors; 12-inch straw wreath form; 1 yard of ribbon for a bow, if desired.



Instructions: Make small bundles of grasses as described for the Dried Grasses Garland (*left*). Wire one bundle to the wreath form. Repeat with a second bunch of dried material, covering the stems and wire from the first bundle. (See the photograph *bottom, left* for details.) Do not cut the wire between bundles.

Continue around wreath until the straw is covered, working in one direction and mixing the bundles of materials. Add a bow if desired.

### Holly Garland *page 136*

Materials: Small sprigs of holly; florist's wire; pruning shears.



Instructions: Clip the holly into evenly sized sprigs, choosing the fullest and most attractive holly.

Select a large holly sprig to begin and attach a length of wire to the stem. Wire on additional holly as described in the general instructions on *page 155*. (See the photograph *above* for details.)

### Citrus and Lemon Leaf Garland *page 136*

Materials: ½-inch-diameter sisal rope; lemon or salal leaves (available from florists); small oranges, lemons, and limes; kumquats; cinnamon sticks; 24- and 30-gauge florist's wire; craft scissors.

Instructions: Cut a length of rope the desired length of garland. Clip small branches of lemon or salal leaves (about 6 inches or 5 to 7 leaves to a branch). Attach a length of lightweight wire to the rope to begin. Select a branch of leaves and wire it



to the end of the rope. Place a second branch over the first branch and wire it in place. Continue covering the rope with leaves as described in the general instructions. (See photo *above* for details.)

Cut a length of heavier wire for each piece of fruit. Run the wire through the center of the fruit, twisting it to secure. Cut a piece of lightweight wire double the length of each cinnamon stick plus 8 inches. Run wire up through one hollow of the stick and back down through another hollow of the stick. Gather three cinnamon sticks and twist the wires together to make a cluster.

Secure garland to desired area. Add the fruit and cinnamon sticks.

### Pine and Ribbon Garland *page 136*

Materials: Fresh white pine branches or desired greenery; wire-edged satin ribbon; sisal cording; florist's wire; wire cutters, pruning shears, and scissors; chenille strips to match the stair rail (optional).

Instructions: Cut a length of sisal the desired length of the garland.

Clip the pine into evenly sized branches. Attach a length of wire to the cord to begin. Wire the first branch to the end of the rope. Place a second branch over the stem and wrap the wire tightly around both. Continue as described in the general instructions until rope is covered.

Place the garland over the stair rail or where desired. To prevent scratching a finished surface, use long chenille strips or ribbon instead of wire to hold the garland in place. Loosely loop the ribbon around garland, trimming the ends of the ribbons into points.

### DECORATING IN THE NICK OF TIME "STARRY ICE"

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POUR: milk into large bowl, add pudding mixes. BEAT: with wire whisk 2 minutes or until well blended (mixture will be thick) • Gently stir in whipped topping and marshmallows • Spoon into 10 (6-oz.) dessert dishes. REFRIGERATE: at least 1 hour • Garnish with additional whipped topping and miniature marshmallows.

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It's all in the sparkle. To make sure you have time to dole out plenty of holiday hugs, take lickety-split food and add twinkle—like merry red cranberries in a bubbly drink.

sparkling cranberry rosé

Recipe begins on page 171

Text and recipes by Jeanne Ambrose
with Stephen Exel

# feasts of comfort & joy

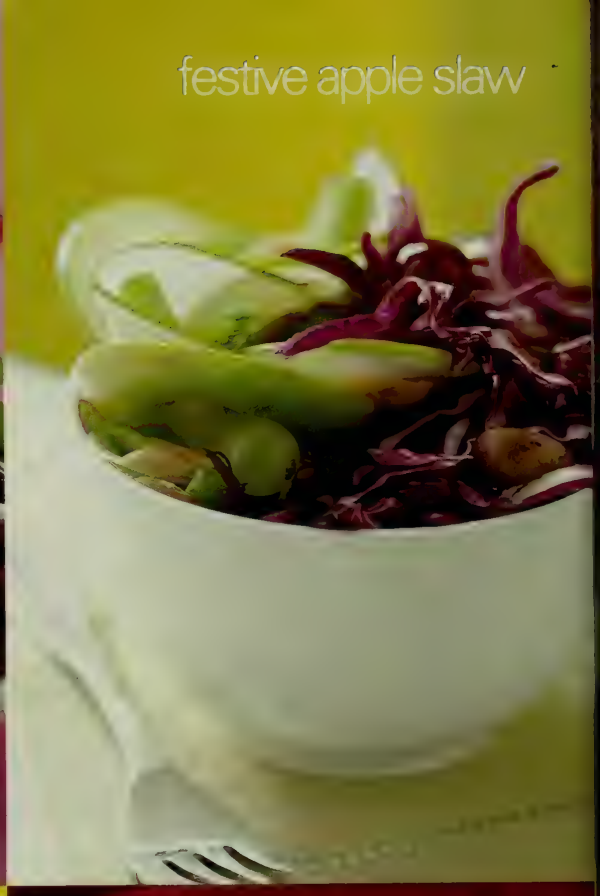

moked turkey on whole wheat
shrimp and feta with
garlic bread sleds
The cheery appetizers:
dressed-up onion dip
artichoke-brie focaccia


cheese 'n' herb mini sweet peppers
Nibble. Mun . Crunch. Hohoho!

stout-glazed ham



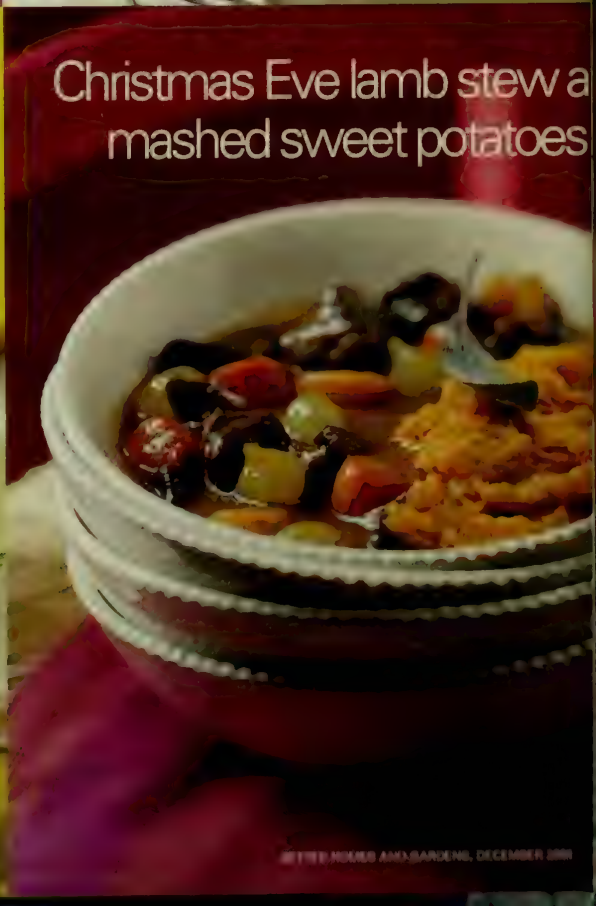
festive apple slaw



molasses-tossed potatoes



Christmas Eve lamb stew a
mashed sweet potatoes












# Festive flavors: Comfort food gets all dressed up for the holidays.

Recipes begin on page 174







Sweet surprises: All to be







vanilla bean and brandy syrup
joyfully devoured.

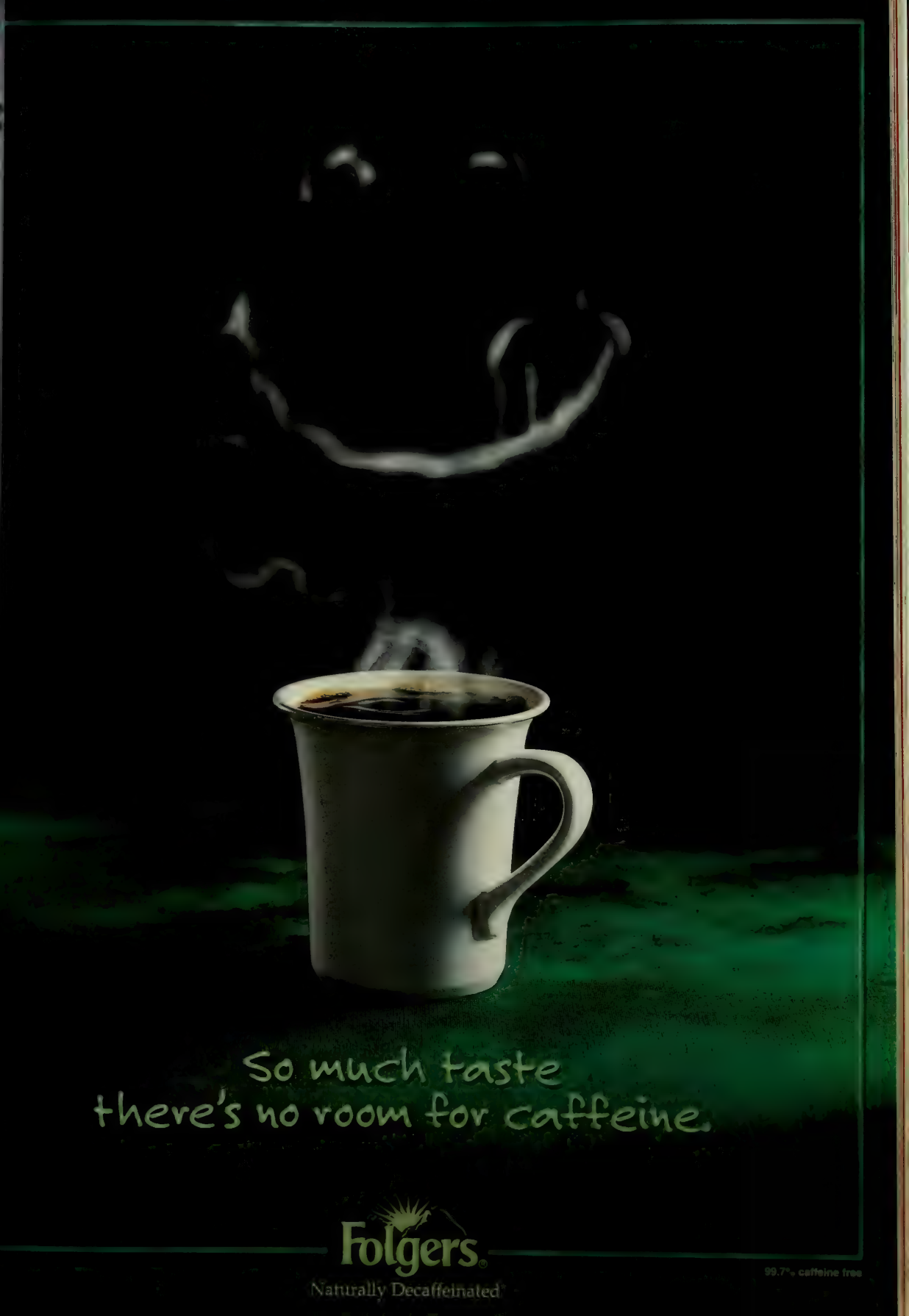


# Party on a pedestal:

## All you need is a wedge or two of great cheese, a handful of walnuts and fruit, and a drippy-thick honey.

Recipe begins on page 184

continued on page 168


So much taste
there's no room for caffeine.
Folgers
Naturally Decaffeinated
99.7% caffeine free

continued from page 166



# Cake with all the trimmings:

Make this your holiday secret—a tropical dried fruit mix piled onto a purchased cake and embellished with melted white chocolate.

Recipe begins on page 184. Buying information on page 220



# LADIES, START YOUR ENGINES.

## h Hershey's® Baking Ingredients You Can Really Whip Something Up.

**rshey's Chocolate**
**t Butter Chip Cookies**

4 cups all-purpose flour
3 cup Hershey's Cocoa
teaspoon baking soda
1/2 teaspoon salt
2 sticks) butter or margarine
softened
4 cup granulated sugar
p packed light brown sugar
easpoon vanilla extract
2 eggs
2/3 cups (10-oz. pkg.)
se's Peanut Butter Chips
c chopped nuts (optional)

Heat oven to 375°F.
ogether flour, cocoa, baking
d salt. Beat butter, granulated
brown sugar and vanilla in
l on medium speed of mixer
eamy. Add eggs; beat well.
add flour mixture, beating well
Stir in peanut butter chips
Add nuts, if desired
y rounded teaspoons onto
greased cookie sheet
8 to 10 minutes or until set
tly; remove from cookie sheet
ack. About 5 dozen cookies.

Variations
eese's Peanut Butter Chips
ubstitute with any variety
hey's Bake Shoppe Pieces



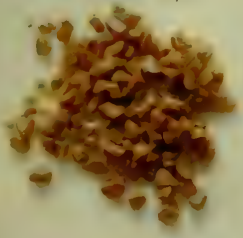
Hershey's Semi-Sweet Chocolate Chips




Hershey's Baking Chocolate



Reese's® Peanut Butter Chips



Skor® English Toffee Bits



Hershey's Mini Kisses™



Heath® Milk Chocolate Toffee Bits



Hershey's Cinnamon Chips



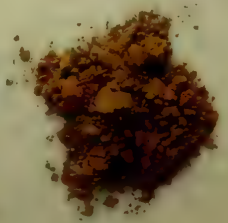
Hershey's Butterscotch Chips



Mounds® Coconut Flakes



Hershey's Premier White Chips



Hershey's Cocoa



Hershey's Milk Chocolate Chips

**Hershey's**
**Easy Holiday Truffles**

2/3 cup whipping cream
2 cups (12-oz. pkg.) Hershey's Semi-Sweet Chocolate Chips
2 teaspoons vanilla extract
Coatings (see below)

**1.** Heat cream in heavy, 2-quart saucepan just to boiling. Remove from heat. Add chocolate chips; stir with whisk until melted and smooth. Stir in vanilla. Pour into medium bowl. Cover and refrigerate 3 hours or until firm.



**2.** Line baking sheet with wax paper. Drop chocolate mixture by heaping teaspoons onto prepared baking sheet. Freeze about 45 minutes or until firm.

**3.** Place desired coatings in separate bowls. Shape frozen chocolate truffles between hands to form 1" balls. Roll in desired coatings. Cover and refrigerate 2 hours. Serve cold. Truffles keep in airtight container in refrigerator for 1 week. Yields 30 truffles.

Coatings: Hershey's Cocoa, Mounds Sweetened Coconut Flakes, Skor English Toffee Bits, Bits 'O Brickle Almond Toffee Bits, or chopped Hershey's Semi-Sweet Chocolate Chips, Hershey's Milk Chocolate Chips, Hershey's Cinnamon Chips, Hershey's Mini Kisses Milk Chocolates, Reese's Peanut Butter Chips

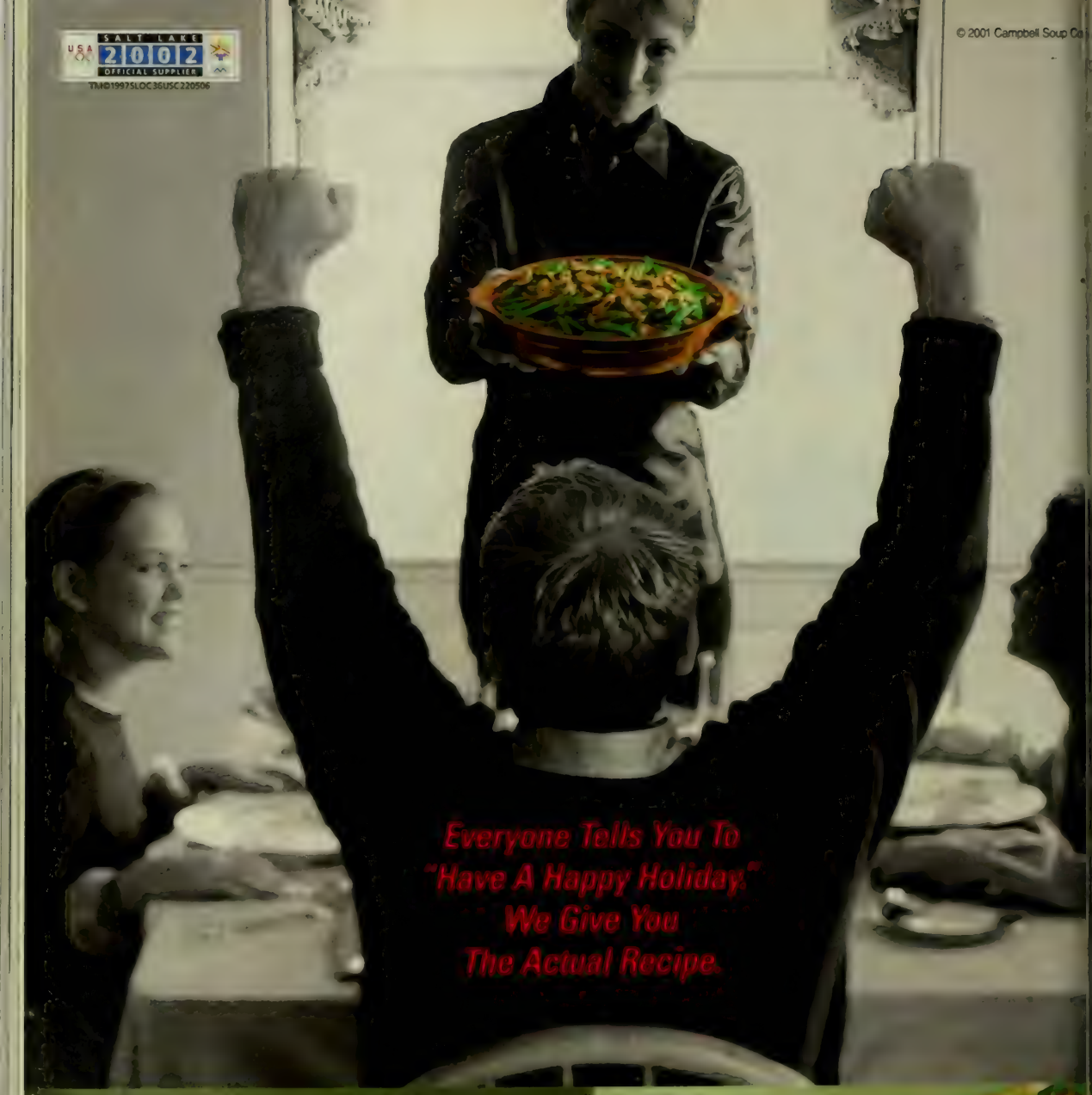



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Everyone Tells You To "Have A Happy Holiday." We Give You The Actual Recipe.

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## Green Bean Casserole

**PREP TIME: 10 MIN. • COOK TIME: 30 MIN. • SERVES 6**

1 can (10¾ oz.) Campbell's® Cream of Mushroom **or** 98% Fat Free Cream of Mushroom Soup
½ cup milk
1 tsp. soy sauce
Dash pepper
4 cups cooked cut green beans
1⅓ cups French's® French Fried Onions

**Mix** soup, milk, soy, pepper, beans and ⅔ **cup** onions in 1½-qt. casserole.

**Bake** at 350°F. for 25 min. or until hot.

**Stir.** Sprinkle with remaining onions. Bake 5 min.




www.campbellsoup.com



# easts of Comfort & Joy

ntinued from page 168

**Sparkling Cranberry Rosé**

'hen choosing a sparkling wine, on't let the label confuse you. "Extra y" is actually sweeter than "dry" ıampagne and sparkling wine.

**Prep:** 10 minutes

- 8 to 10 sugar cubes
- 1 to 1¼ cups cranberry juice
- 1 750 ml bottle sparkling extra dry rosé wine, champagne, or nonalcoholic sparkling juice
- Fresh cranberries (optional)

1. Place a sugar cube in the bottom f 8 to 10 chilled champagne flutes r other glasses. Pour 2 tablespoons ranberry juice into each glass.

2. Fill each glass with sparkling ɔsé wine, champagne, or non-coholic sparkling juice. Place a ɛewer of fresh cranberries in each lass. Makes 8 to 10 servings.

Nutrition facts per serving: 00 cal., 0 g total fat (0 g sat. fat), mg chol., 1 mg sodium, 11 g ırbo., 0 g fiber, and 0 g pro. Daily alues: 0% vit. A, 19% vit. C, % calcium, and 0% iron.

**Smoked Turkey on Whole Wheat**

iscuits can be made ahead and ɔored in the freezer for up to three eeks. Just seal in a plastic freezer ag, and thaw before serving.

**Prep:** 25 minutes **Bake:** 8 minutes

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 2 tsp. sugar
- 4 tsp. snipped fresh tarragon
- 1 Tbsp. baking powder
- ½ tsp. cream of tartar
- ¼ tsp. salt
- ½ cup butter
- ½ cup buttermilk
- ¼ cup dairy sour cream
- 2 Tbsp. apple jelly
- 2 to 3 oz. sliced smoked turkey breast
- 1 to 2 oz. thinly sliced Emmentaler or white cheddar cheese
- Prepared fig conserve or cranberry relish
- Thin apple slices
- Mizuma salad greens (optional)

1. Preheat oven to 450° F. In a bowl stir together all-purpose flour, whole wheat flour, sugar, 3 teaspoons of the snipped tarragon, baking powder, cream of tartar, and salt. Using a pastry blender, cut in butter until mixture resembles coarse crumbs. Make a well in the center of dry mixture. In a bowl combine buttermilk and sour cream; add to dry mixture. Using a fork, stir until moistened.

2. Turn dough out onto a lightly floured surface. Quickly knead dough by folding and pressing gently for 10 to 12 strokes or until dough is nearly smooth. Pat or lightly roll dough to ½-inch thickness. Cut dough with a floured 2-inch oval or round cutter. Place biscuits 2 inches apart on an ungreased baking sheet.

continued on page 172

**OVAL CUTTERS SET**

We used **Oval Cutters** for our Smoked Turkey on Whole Wheat mini sandwiches (recipe, *above*). This set of nine stainless steel cutters ranges in size from 1 1/16 to 3 3/8 inches and nests in a tin storage box. From Ateco, one set costs $24.95; additional sets are $20.00 each. Prices include shipping, handling, and applicable sales tax.



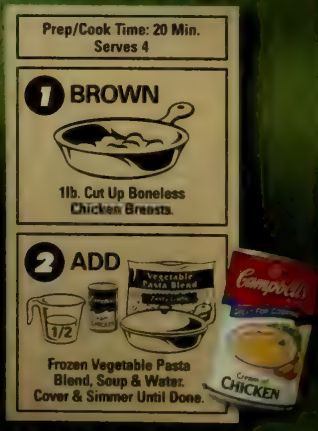
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Campbell's 2-Step Creamy Chicken & Pasta




M'm! M'm! Good!®
www.campbellsoup.com

continued from page 171

3. In a saucepan heat jelly and remaining 1 teaspoon tarragon over medium heat, until melted. Brush tops of biscuits with jelly mixture.

4. Bake for 8 to 10 minutes. Cool on a wire rack. Split biscuits in half. Layer biscuit bottoms with sliced smoked turkey, cheese, fig conserve, and an apple slice. Replace biscuit tops. Serve on mizuma salad greens. Makes 22 appetizer servings.

Nutrition facts per serving: 103 cal., 6 g total fat (3 g sat. fat), 16 mg chol., 165 mg sodium, 11 g carbo., 1 g fiber, and 3 g pro. Daily Values: 4% vit. A, 0% vit. C, 6% calcium, and 3% iron.

### Shrimp and Feta with Garlic Bread Sleds

Garlic bread scoopers help catch every citrusy bite of this party starter.

**Prep:** 30 minutes **Chill:** 30 minutes

- ½ cup bottled olive oil and vinegar salad dressing or Italian salad dressing
- 1 tsp. finely shredded lime peel
- 3 lb. large shrimp, peeled, deveined, and cooked
- ¼ cup snipped fresh herbs, such as dill, cilantro, and/or parsley
- ¼ cup crumbled feta cheese
- Lime wedges
- 1 recipe Garlic Bread Sleds (optional)

1. In a bowl combine salad dressing and lime peel. Add cooked shrimp. Toss to coat. Cover and chill for 30 minutes or up to 4 hours. Combine undrained shrimp, herbs, and feta cheese. Stir to combine. Season with salt and pepper. Serve with lime wedges and Garlic Bread Sleds. Makes 18 appetizer servings.

*Garlic Bread Sleds*: Cut one 8- to 12-oz. baguette-style French bread in half crosswise with a serrated knife. Cut each piece horizontally into thirds. Arrange bread on a baking sheet. Spread one cut side of each slice with purchased roasted garlic butter with olive oil. Broil about 4 inches from heat for 2 to 4 minutes or until toasted. Turn; broil other side 1 minute or until toasted. Cool on a wire rack. Break each slice into three pieces or serve whole. Makes 18 appetizer servings.

Nutrition facts per serving (shrimp and feta only): 95 cal., 5 g total fat (1 g sat. fat), 88 mg chol., 195 mg sodium, 1 g carbo., 0 g fiber, and 12 g pro. Daily Values: 2% vit. A, 2% vit. C, 4% calcium, and 8% iron.

### Dressed-Up Onion Dip

Sliced green and red onion power up purchased French onion dip; fennel adds a slight anise flavor.

**Prep:** 15 minutes

- 1 medium fennel bulb
- 1 16-oz. container dairy sour cream French onion dip
- 2 Tbsp. finely chopped red onion
- 2 Tbsp. thinly sliced green onion
- Snipped fresh lemon thyme and/or snipped chives (optional)
- Sliced vegetables for dipping, such as fennel, carrots, radishes, cucumbers, and zucchini

1. Wash fennel. Trim off feathery leaves. Chop enough of the leaves to make 2 tablespoons; set aside. Trim fennel bulb. Chop enough of the bulb to make 1 cup. Cut remaining bulb into strips to use for dippers.

2. In a medium bowl combine chopped fennel, onion dip, red onion, and green onion. Serve immediately. Or cover and chill up to 24 hours. (If chilling dip, wrap and chill fennel leaves.) To serve, spoon dip into serving bowl and sprinkle top with reserved fennel leaves, snipped lemon thyme, and/or snipped chives. Serve with vegetable dippers. Makes about 2¼ cups.

Nutrition facts per tablespoon dip: 35 cal., 2 g total fat (2 g sat. fat), 0 mg chol., 131 mg sodium, 3 g carbo., 1 g fiber, and 1 g pro. Daily Values: 0% vit. A, 1% vit. C, 0% calcium, and 0% iron.

### Artichoke-Brie Focaccia

To toast split focaccia, place in a warm oven and heat just until crisp.

**Prep:** 10 minutes **Bake:** 8 minutes

- 1 8-oz. round Brie cheese
- 1 14-oz. can artichoke hearts, drained and chopped
- 4 slices bacon, crisp-cooked, drained, and crumbled
- 1 10-inch square or round Italian flat bread (focaccia), about 2 inches thick, split and toasted
- Fresh rosemary (optional)
- Red grape tomatoes (optional)

1. Preheat oven to 400° F. Trim and discard rind from cheese; cut cheese into large pieces. Place in a medium microwave-safe bowl or 1-quart casserole. Micro-cook on 100 percent power (high) for 30 to 45 seconds or until cheese begins to melt. Stir in artichokes and bacon.

2. Micro-cook cheese mixture on 100 percent power (high) for 1 to 1½ minutes or until heated through, stirring once or twice. Spread mixture on focaccia bottom. Place focaccia top over mixture. Place on baking sheet. Bake, uncovered, 8 to 10 minutes or until heated through. Cut into 4x1-inch strips or wedges. Garnish with rosemary and tomatoes. Makes 12 appetizer servings.

Nutrition facts per serving: 170 cal., 8 g total fat (4 g sat. fat), 20 mg chol., 256 mg sodium, 18 g carbo., 2 g fiber, 8 g pro. Daily Values: 0% vit. A, 1% vit. C, 8% calcium, and 6% iron.

### Cheese 'n' Herb Mini Sweet Peppers

Be sure to use small, mellow sweet peppers and not red-hot chili peppers for these appetizers. If you're in the mood for a toasty-warm treat, just place the stuffed sweet peppers in a

continued on page 174




## *A recipe for holiday traditions: The Original Chex® Party Mix*

- Tbsp. butter or margarine
- Tbsp. Worcestershire sauce
- sp. seasoned salt
- sp. garlic powder
- sp. onion powder
- ups Corn Chex® cereal
- 3 cups Rice Chex® cereal
- 3 cups Wheat Chex® cereal
- 1 cup mixed nuts
- 1 cup pretzels
- 1 cup garlic-flavor bagel chips

t oven to 250°. Melt butter in large roasting pan in oven. n seasonings. Gradually stir in remaining ingredients evenly coated. Bake 1 hour, stirring every 15 minutes. ad on paper towels to cool. Store in airtight container. es 12 cups of snack mix.

www.chex.com for more great Chex recipes.




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## Feasts of Comfort & Joy

continued from page 172



**Stack the filled peppers, alternating colors, to form a Christmas tree shape.**

single layer on a baking sheet in a 350° F oven. Bake for 8 to 10 minutes or until peppers are crisp-tender.

**Prep:** 25 minutes

- 30 red, yellow, and/or orange mini sweet peppers (about 12 oz.)
- 18 oz. semisoft goat cheese
- ¼ cup snipped fresh chives, tarragon, basil, or thyme
- Fresh basil leaves

1. Leaving the stem intact, cut a slit from the stem to the bottom tip of each pepper. Remove seeds; discard. In a bowl combine goat cheese and snipped herbs. Spoon the mixture into prepared peppers.

2. Arrange the prepared peppers into a pyramid shape on a small pedestal or platter. Garnish with fresh basil leaves. Makes 30 servings.

Nutrition facts per serving: 65 cal., 5 g total fat (4 g sat. fat), 13 mg chol., 88 mg sodium, 1 g carbo., 0 g fiber, and 4 g pro. Daily Values: 17% vit. A, 31% vit. C, 5% calcium, and 2% iron.

### Stout-Glazed Ham

Plan on using the leftover ham—and there's bound to be some—in sandwiches or with breakfast or brunch.

**Prep:** 10 minutes **Cook:** 10 minutes for sauce **Roast:** 1 hour, 50 minutes

- 1 5- to 6-lb. cooked ham (rump half or shank portion)
- Whole cloves
- ½ cup Irish-style stout or apple cider
- ¼ cup honey
- ¼ cup butter
- 6 small parsnips, peeled and halved lengthwise
- 1 lb. red boiling onions, peeled and halved and/or medium red onions, quartered

1. Preheat oven to 325° F. Score am by making diagonal cuts in a iamond pattern. Stud with cloves. lace ham on a rack in a shallow oasting pan. Insert a meat ıermometer. Roast, uncovered, ntil thermometer registers 120° F. or rump, roast 1 to 1¼ hours; for ıank, roast 1½ to 1¾ hours.

2. Meanwhile, prepare glaze. In a mall saucepan combine stout, oney, and butter. Bring to boiling; educe heat. Simmer, uncovered, for 0 minutes. Set aside.

3. Cook parsnips in a small amount f boiling water for 5 minutes; drain. ırrange onions and parsnips around am. Pour glaze over ham and egetables. Bake about 50 minutes ıore or until thermometer registers 35° F and vegetables are tender, pooning pan juices over ham and egetables once. Remove pan from ven. Cover ham and vegetables with foil and let stand 15 minutes before carving ham. (Meat temperature will rise 5° F during standing.) To serve, place ham and vegetables on a serving platter. Spoon some of the pan juices over vegetables. Makes 14 servings.

Nutrition facts per serving: 283 cal., 14 g total fat (6 g sat. fat), 76 mg chol., 1,740 mg sodium, 12 g carbo., 1 g fiber, 26 g pro. Daily Values: 3% vit. A, 8% vit. C, 2% calcium, 10% iron.

### Festive Apple Slaw

This colorful fruit and vegetable slaw really jingle-bell rocks.

**Prep:** 30 minutes **Chill:** 1 hour

- 1 recipe Apple Cider Vinaigrette
- 3 cups cored, thinly sliced tart green apples, such as Newton, Pippin, or Granny Smith, and/or sweet red apples, such as Red Delicious or McIntosh
- 1 cup shredded red cabbage
- ½ cup seedless green or red grapes, halved
- ⅓ cup chopped celery
- ¼ cup slivered almonds, toasted

1. Prepare Apple Cider Vinaigrette. Cover and chill until needed.

2. In a large salad bowl gently combine apples, cabbage, grapes, and celery.

3. Shake vinaigrette well. Pour vinaigrette over salad, tossing to coat. Cover and chill for 1 hour. Before serving, toss salad with slivered almonds. Serve salad in individual serving bowls. Makes 6 to 8 side-dish servings.

*Apple Cider Vinaigrette*: In a screw-top jar combine ¼ cup apple cider vinegar, 3 tablespoons salad oil, and 2 tablespoons honey. Cover; shake well. Makes about ½ cup.

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Nutrition facts per serving: 161 cal., 10 g total fat (1 g sat. fat), 0 mg chol., 6 mg sodium, 19 g carbo., 3 g fiber, and 2 g pro. Daily Values: 0% vit. A, 19% vit. C, 3% calcium, and 3% iron.

**Molasses-Tossed Potatoes**

Using a variety of small potatoes gives visual interest to this sweet- and sharp-flavored side dish.

**Prep:** 15 minutes **Roast:** 35 minutes

- Nonstick cooking spray
- 2½ lb. tiny new potatoes, small Yukon Gold potatoes, and/or fingerling potatoes
- 2 Tbsp. cooking oil
- 2 Tbsp. molasses
- 2 Tbsp. balsamic vinegar
- 1 tsp. dried thyme, crushed
- ½ tsp. salt
- ½ cup walnut pieces
- Fresh chives (optional)

1. Preheat oven to 450° F. Coat a 13x9x2-inch baking pan with nonstick cooking spray. Scrub and quarter potatoes (halve any large quarters). Arrange potatoes in pan.

2. In a small bowl combine oil, molasses, vinegar, thyme, and salt. Drizzle mixture over potatoes. Toss gently to coat. Bake potatoes, uncovered, for 20 minutes. Add nuts; stir to mix. Bake 15 to 20 minutes more or until potatoes are tender, stirring once. Transfer to a serving bowl. Top with fresh chives. Makes 8 side-dish servings.

Nutrition facts per serving: 219 cal., 9 g total fat (1 g sat. fat), 0 mg chol., 157 mg sodium, 33 g carbo., 3 g fiber, and 4 g pro. Daily Values: 1% vit. A, 24% vit. C, 3% calcium, and 12% iron.

**Christmas Eve Lamb Stew and Mashed Sweet Potatoes**

You'll know the holidays are here when you smell the cinnamon and other spices in this crowd-pleasing, night-before-Christmas dish.

**Prep:** 30 minutes **Cook:** 1½ hours

- 2 lb. lamb stew meat, cut into 1-inch cubes
- ¼ tsp. salt
- ¼ tsp. pepper
- 2 Tbsp. cooking oil
- 2 Tbsp. all-purpose flour
- 2 14½-oz. cans vegetable broth
- 1 12-oz. can apricot or mango nectar
- 1 2-inch stick cinnamon or ¼ tsp. ground cinnamon
- 3 cloves garlic, minced



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½ tsp. ground cumin
½ tsp. ground cardamom
⅛ tsp. thread saffron, crushed
3 medium carrots, cut into ½-inch pieces (1½ cups)
½ cups frozen pearl onions
1 cup dried apricots
1 cup dried pitted plums (prunes)
1 recipe Mashed Sweet Potatoes
Fresh sage leaves (optional)

1. Season lamb with salt and epper. In a 4-quart Dutch oven rown meat, half at a time, in hot oil ver medium-high heat. Drain excess il. Return all meat to pan. Sprinkle ieat with flour, stirring to coat. Add roth, nectar, cinnamon, garlic, mmin, cardamom, and saffron; stir ) combine. Bring to boiling; reduce eat. Simmer, covered, for 1 hour or ntil meat is nearly tender.

2. Add carrots, onions, apricots, nd plums. Return to boiling; reduce heat. Simmer, covered, 30 minutes or until the vegetables are tender. Remove stick cinnamon, if using. Serve stew over Mashed Sweet Potatoes. Top with sage leaves. Makes 6 servings.

*Mashed Sweet Potatoes*: Peel and quarter 2 pounds sweet potatoes. In a saucepan cook potatoes, covered, in boiling lightly salted water for 20 to 25 minutes or until tender; drain. Mash with a potato masher or beat with an electric mixer on low speed. Add ¼ cup butter, cut up, and ¼ cup plain yogurt; beat or mash until smooth. If necessary, stir in milk or cream to make of desired consistency.

Nutrition facts per serving of stew with sweet potatoes: 613 cal., 20 g total fat (4 g sat. fat), 97 mg chol., 881 mg sodium, 80 g carbo., 10 g fiber, 36 g pro. Daily Values: 730% vit. A, 59% vit. C, 12% calcium, 32% iron.

**Pecan-Parmesan Pork Roast with Port Wine Sauce**

A pork roast is an unexpected alternative to the traditional holiday ham. The pecan-Parmesan crust locks in juiciness; the wine sauce is laced with figs to deepen its flavor.

**Prep:** 20 minutes **Cook:** 10 minutes for sauce **Roast:** 1¼ hours

⅓ cup finely chopped pecans
3 Tbsp. grated Parmesan cheese
1 Tbsp. yellow mustard
1 tsp. Worcestershire sauce or soy sauce
1 2- to 2¼-lb. boneless pork top loin roast (single loin)
2 cups port wine or Marsala
1 cup snipped dried golden or black figs (5½ to 6 oz.)
2 Tbsp. brown sugar
1 bay leaf
Dried golden figs (optional)

continued on page 178



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Wishing for a healthy holiday treat? Now we're talkin' almonds!

When you're entertaining this holiday season, invite California Almonds to the party. Because we're not only delicious, we're also nutritious.

Here's a glimmering recipe!

**Honey Crystal Almonds**

- *2 cups whole natural almonds*
- *1/4 cup honey*
- *2 tablespoons butter*
- *1 cup turbinado sugar (Sugar in the Raw®)*

Spread almonds in a shallow pan. Place in cold oven; turn oven to 350°F and roast 12 to 20 minutes, stirring occasionally, until well roasted. Over medium heat in medium saucepan, heat honey and butter to boiling. Reduce heat to medium-low, simmer 2 minutes, stirring occasionally. Add almonds; simmer and stir 2 minutes. Using slotted spoon, transfer almonds to baking sheet sprayed with non-stick cooking spray; spread in single layer and cool slightly. Toss almonds with sugar to coat.

Here's a few holiday serving suggestions

- Leave us out for Santa
- Enjoy us all during Hanukkah
- Use us for stocking stuffers
- Place us on your Mkeka for Kwanzaa
- Toast us for New Year's!

CALIFORNIA almonds are in!

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# Feasts of Comfort & Joy

continued from page 177

1. Preheat oven to 325° F. In a bowl combine pecans, Parmesan, mustard, and Worcestershire sauce.

2. Spread pecan mixture on roast. Place on a rack in a shallow roasting pan. Insert meat thermometer into center of meat. Roast for 1¼ to 1½ hours or until thermometer registers 155° F. Cover with foil and let stand 15 minutes. (Meat temperature will rise 5° F during standing.)

3. Meanwhile, for sauce, in a saucepan stir together wine, snipped figs, brown sugar, and bay leaf. Bring to boiling; reduce heat. Simmer, uncovered, 10 to 15 minutes or until mixture has been reduced to 2¼ cups. Remove bay leaf.

4. Transfer mixture to a blender container or food processor bowl. Blend or process until nearly smooth. Pass mixture through mesh strainer over a bowl, pressing solids to release juices. Discard solids. (For a seedless sauce, sieve mixture again using a fine sieve.) Return sauce to saucepan; gently reheat just before serving. Pass sauce with meat. Garnish with additional figs. Makes 8 servings.

Nutrition facts per serving: 365 cal., 10 g total fat (3 g sat. fat), 63 mg chol., 110 mg sodium, 28 g carbo., 4 g fiber, and 27 g pro. Daily Values: 1% vit. A, 1% vit. C, 10% calcium, and 15% iron.

### Have-a-Ball Rolls

Add a touch of splendor to frozen dough by shaping it into tiny balls and topping with crunchy seeds.

**Prep:** 20 minutes **Rise:** 30 minutes
**Bake:** 15 minutes

- 1 16-oz. loaf frozen white or whole wheat bread dough, thawed
- 1 egg white
- 1 Tbsp. water
- Fennel seed, mustard seed, and/or dill seed

1. Lightly grease a baking sheet or 30 to 36 1¾-inch muffin cups; set aside.

2. Divide dough into 30 to 36 pieces. Shape into small balls. Place rolls on prepared baking sheet or in prepared cups.

3. Preheat oven to 350° F. Cover; let rise until nearly double in size (about 30 minutes). Beat together the egg white and water. Use a pastry brush to brush mixture over the rolls. Sprinkle generously with desired seeds.

4. Bake for 13 to 15 minutes or until golden brown. Transfer rolls to wire racks. Serve warm. Makes 30 to 36 mini rolls.

Nutrition facts per mini roll: 37 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 2 mg sodium, 7 g carbo., 0 g fiber, and 1 g pro. Daily Values: 0% vit. A, 0% vit. C, 2% calcium, and 1% iron.

### Lemon-Pepper Baby Broccoli

Baby broccoli, called Broccolini, is a cross between broccoli and Chinese kale. Because of its tender stem, it can be cooked quickly.

**Start to finish:** 30 minutes

- 1 cup reduced-sodium chicken broth
- 1 Tbsp. snipped fresh dill
- 2 slices preserved lemon*
- ⅛ tsp. crushed red pepper
- ⅛ tsp. ground black pepper
- 2 Tbsp. butter
- 1 lb. baby broccoli or broccoli rabe
- Fresh lemon halves or slices (optional)

1. In a large skillet combine chicken broth, dill, preserved lemon, red pepper, and black pepper. Bring to boiling; reduce heat. Simmer, covered, for 15 minutes.

2. Add butter and baby broccoli to skillet. Cook, covered, over medium heat for 6 to 8 minutes or until the baby broccoli is tender. Drain, if desired; transfer to a serving bowl.

continued on page 180




hen you're talking almonds, you're talking about the ultimate party favor. cause not only are they fun to crunch on, they're also a handy source vitamin E, a healthy antioxidant. Plus, they're cholesterol free d low in saturated fat*. So when your party spirit comes out, ake sure California Almonds are in.

CALIFORNIA almonds are in!™

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Garnish with fresh lemon halves. Makes 8 side-dish servings.

*Note: Preserved lemon can be found in large supermarkets and specialty food stores. Or, substitute 2 teaspoons finely shredded lemon peel, 1 teaspoon olive oil, and ½ teaspoon kosher salt for the preserved lemon.

Nutrition facts per serving: 47 cal., 3 g total fat (2 g sat. fat), 8 mg chol., 489 mg sodium, 4 g carbo., 2 g fiber, and 2 g pro. Daily Values: 19% vit. A, 84% vit. C, 3% calcium, and 3% iron.

### Macadamia Nut Fruitcakes

Lots of macadamia nuts and dried pears in a light golden batter make these gifts from your kitchen a delightful option to the dark and dense traditional fruitcakes.

**Prep:** 45 minutes **Bake:** 40 minutes
**Stand:** up to 5 days

- ½ cup apricot nectar
- 2 cups chopped dried pears and/or apricots
- ½ cup golden raisins
- ½ cup butter, softened
- 1 cup sugar
- 2 eggs
- ¼ cup apricot brandy
- ¼ cup apricot nectar
- 1 tsp. vanilla
- 1½ cups all-purpose flour
- ¼ tsp. baking soda
- ⅛ tsp. salt
- 1 cup coarsely chopped macadamia nuts or almonds
- ½ cup apricot brandy or apricot nectar
- ⅓ cup apricot nectar

1. Preheat oven to 300° F. Grease and lightly flour six 1-cup fluted-tube pans, six 1-cup tube pans, or one 9x5x3-inch loaf pan. Set pan(s) aside. In a small saucepan bring ½ cup apricot nectar just to boiling; remove from heat. Stir in pears and/or apricots and raisins. Cover and let stand 10 minutes.

2. In a large mixing bowl beat butter with an electric mixer on medium speed for 30 seconds. Add sugar; beat until mixture is combined. Add eggs, one at a time, beating on medium speed until combined.

3. In a small bowl combine the ¼ cup apricot brandy, the ¼ cup apricot nectar, and vanilla; set aside. In a medium bowl combine the flour, baking soda, and salt. Add the flour mixture and nectar mixture alternately to butter mixture, beating on low speed after each addition just until combined. Fold soaked fruit and chopped nuts into batter. Spread into prepared pan(s).

4. Bake for 40 to 45 minutes for tube pans or 70 minutes for the loaf pan or until a wooden toothpick inserted into center comes out clean. Cool cake in pans on a wire rack for 10 minutes. Remove from pan(s) and cool completely on a wire rack.

5. Poke holes into cake using a wooden pick or bamboo skewer. Soak double thickness of 100 percent cotton cheesecloth with the remaining ½ cup apricot brandy or nectar. (Use six 8-inch square pieces of cheesecloth for small tube cakes or one 20x8-inch piece for loaf cake.) Wrap cakes in soaked cheesecloth. Drizzle any remaining brandy over the cake. Wrap cake tightly in foil or seal in plastic storage bags.

6. Refrigerate for up to 5 days. Drizzle with remaining ⅓ cup nectar after 24 hours. (For longer storage, wrap securely in freezer wrap or bags. Store in the freezer up to 3 months. To thaw, let stand in the refrigerator overnight.) Makes 18 servings (6 individual cakes or 1 loaf).

Nutrition facts per serving: 297 cal., 12 g total fat (4 g sat. fat), 38 mg chol., 119 mg sodium, 42 g carbo., 3 g fiber, and 3 g pro. Daily Values: 9% vit. A, 3% vit. C, 2% calcium, and 8% iron.

### Snowflakes on a Stick

Snowflake cutters and decorative sugars make these cookies simple, yet stunning. Or use your favorite holiday cutters and icing to create more-intricate treats like those shown on *page 69*.

**Prep:** 30 minutes
**Bake:** 15 minutes per batch
**Stand:** 1 minute

- 2½ cups all-purpose flour
- ½ cup granulated sugar
- 2 tsp. finely shredded orange, lemon, or lime peel
- 1 cup butter
- 1 Tbsp. milk
- 16 lollipop sticks
- Milk
- White edible glitter, nonpareils, and/or coarse sugar

1. Preheat oven to 325° F. In a mixing bowl combine flour, sugar, and orange peel. Using a pastry blender, cut in butter until mixture resembles fine crumbs and starts to cling. Stir in the 1 tablespoon milk. Form mixture into a ball. Knead until smooth. Divide dough in half.

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**ANGELETTE PAN**

Make six individual Macadamia Nut Fruitcakes (recipe, *left*) with this professional-quality, heavyweight cast aluminum pan from Nordic Ware. Featuring a nonstick surface for easy cleanup, the price for one pan is $39.95; additional pans are $35.00 each. Prices include shipping, handling, and applicable sales tax.



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2. On a lightly floured surface, roll dough to ½-inch thickness. Using a 3- to 4-inch snowflake cutter, cut out dough. Place cutouts about 2 inches apart on an ungreased cookie sheet. Insert a lollipop stick at least 1 inch into each cutout.

3. Brush tops of cutouts with additional milk. If using edible glitter, stir together equal proportions of glitter and granulated sugar. Sprinkle glitter mixture, nonpareils, and/or sugar over cutouts. Bake in a 325° F oven for 15 minutes or until very light brown around edges. Cool on cookie sheet for 1 minute. Transfer cookies to a wire rack; cool completely. Makes about sixteen 3-inch cookies.

Nutrition facts per serving: 189 cal., 12 g total fat (8 g sat. fat), 33 mg chol., 125 mg sodium, 18 g carbo., 0 g fiber, and 2 g pro. Daily Values: 9% vit. A, 1% vit. C, 1% calcium, and 4% iron.

### Candied Candy Canes

If you have leftover melted chocolate, spread it out on waxed paper and let it set. Chop chocolate and sprinkle on ice cream or stir into cookie dough.

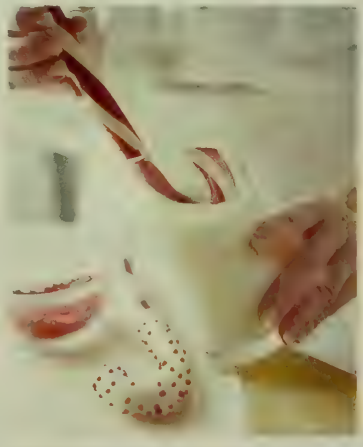
**Prep:** 25 minutes **Stand:** 1 hour

- 1 cup white baking pieces or semisweet chocolate pieces
- 1 tsp. shortening
- 12 candy canes, about 5½ inches long
- Decorative red sugar, nonpareils, and sprinkles

1. In a saucepan combine baking pieces or chocolate and shortening. Stir over low heat until melted. (Or, combine baking pieces and shortening in a microwave-safe bowl. Micro-cook on 70 percent power for 1 to 2 minutes or until baking pieces are melted, stirring every 30 seconds.)

2. Transfer melted baking pieces or chocolate to a 1-cup glass liquid measuring cup. Dip the bottom or top half of each candy cane into melted baking pieces, tilting cup if necessary to coat candy cane (see photo, *below*). Immediately sprinkle or roll in decorative sugar, nonpareils, or sprinkles. Place on a baking sheet lined with waxed paper. Let stand for 1 hour or until chocolate is firm. Makes 12 candy canes.

Nutrition facts per candy cane: 227 cal., 6 g total fat (5 g sat. fat), 0 mg chol., 37 mg sodium, 41 g carbo., 0 g fiber, and 0 g pro. Daily Values: 0% vit. A, 0% vit. C, 0% calcium, and 1% iron.



**A tall, rather than short and wide, liquid measuring cup gives better coverage when dipping Candied Candy Canes. Or, you can use a drinking glass.**

### Ultimate Chocolate Bars

Pink peppercorns on chocolate? Wait until you taste the combo. The added ginger or curry makes these bars a melt-in-your-mouth adventure.

**Prep:** 30 minutes **Stand:** 1½ hours

- 2 6-oz. pkg. bittersweet chocolate squares or semisweet chocolate squares, chopped
- 1 Tbsp. shortening
- ¾ tsp. ground ginger or ½ tsp. curry powder
- Whole and/or finely chopped pistachio nuts and/or whole or finely crushed pink peppercorns

continued on page 184

### SNOWFLAKES ON STICKS

Here are the supplies you'll need to make our spectacular holiday cookies (recipe, *page 180* and *left*). This *exclusive* **Snowflakes on a Stick Kit** contains a five-piece snowflake cookie cutter set in a



convenient metal storage tin; 3.5 ounces each of yellow decorating sugar, white decorating sugar, and white nonpareils; and a package of fifty 4½-inch lollipop sticks. From R & M International, Fox Run Craftsmen, and Make 'N Mold, the price of one kit is $29.95; additional kits are $25.00 each. Prices include shipping, handling, and sales tax. To order, see information at the bottom of this column.

### GIFT COOKIES

Make our adorable cookie gift (*page 69*) with this set of four 2- to 3-inch cutters and a handy 8-piece icing kit. From Fox Run Craftsmen, each kit costs $24.95; additional



kits are $20.00 each. Prices include shipping, handling, and sales tax.

**TO ORDER,** specify kit(s) desired and call 800/881-4066. Or, visit *www.bhgcatalog.com* to order.

# *Inhale.*




Fresh Escapes™ from Dawn.® Citrus Burst, Wildflower Medley and Apple Blossom.

continued from page 182

1. Line a cookie sheet with parchment paper or waxed paper. Set aside. Combine the chocolate and shortening in a 4-cup glass measuring cup. Pour very warm water (100° to 110° F) into a large glass bowl to a depth of 1 inch. Place the measuring cup containing chocolate into bowl of water. The water should cover the bottom half of the measuring cup. However, it is important not to splash any water into the chocolate.

2. Using a rubber spatula, stir chocolate mixture constantly until melted and smooth (about 15 to 20 minutes). If water begins to cool, remove measuring cup and replace the water with additional warm water. Return measuring cup to bowl and continue stirring the chocolate mixture. When chocolate is melted and smooth, stir in ground ginger or curry powder.

3. Evenly spread the melted chocolate into a 12x8-inch rectangle on the prepared cookie sheet.

4. Using a knife, score chocolate into 4x1½-inch bars. Working quickly, arrange or sprinkle nuts and/or peppercorns on the chocolate, pressing gently into chocolate if necessary.

5. Allow chocolate to stand at room temperature about 1½ to 2 hours or until set. Use a knife to cut chocolate along the scored lines into bars. Store at room temperature in a sealed container up to 3 days. Makes 16 bars.

Nutrition facts per 4x1½-inch bar: 136 cal., 9 g total fat (4 g sat. fat), 0 mg chol., 0 mg sodium, 13 g carbo., 2 g fiber, and 2 g pro. Daily Values: 1% vit. A, 0% vit. C, 1% calcium, and 7% iron.

### Vanilla Bean and Brandy Syrup

Drizzle this syrup onto ice cream, fruits, or fruitcakes, or stir into a cup of coffee.

**Start to finish:** 25 minutes

- 1 vanilla bean
- 1½ cups sugar
- ¾ cup water
- ¼ cup dark-colored corn syrup
- ¼ cup brandy

1. With a knife, carefully cut vanilla bean in half lengthwise (see photo, *below*). In a medium saucepan combine vanilla bean, sugar, water,



**Carefully split the vanilla bean lengthwise. Add any seeds that may fall out back into the saucepan.**

and syrup. Cook and stir over low heat until sugar is dissolved. Bring to boiling over medium-high heat. Reduce heat. Simmer, uncovered, about 10 minutes or until slightly thickened, stirring occasionally.

2. Strain syrup through a fine mesh strainer or a strainer lined with a double thickness of 100 percent cotton cheesecloth. Discard vanilla bean. Cool. Stir in brandy. Pour syrup into a bottle or cruet. Cover. Store for up to 2 weeks. Serve syrup over ice cream, gingerbread, or pound cake slices. Makes about 1½ cups.

Nutrition facts per tablespoon: 62 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 4 mg sodium, 15 g carbo., 0 g fiber, and 0 g pro. Daily Values: 0% vit. A, 0% vit. C, 0% calcium, and 0% iron.

### Party on a Pedestal

Bring full-flavored cheeses to room temperature before serving.

**Start to finish:** 10 minutes

- 1 lb. white or English cheddar cheese
- 6 to 8 oz. Stilton or blue cheese
- 2 Tbsp. walnut halves and pieces
- 2 Tbsp. chopped candied apricots
- Red currants or dried cranberries (optional)
- Honey (optional)

1. On a serving pedestal or plate, place wedges of cheese. Top with walnuts, chopped apricots, and red currants. Drizzle with honey. Makes twenty-two 1-ounce servings.

Nutrition facts per serving: 118 cal., 10 g total fat (6 g sat. fat), 27 mg chol., 236 mg sodium, 1 g carbo., 0 g fiber, and 7 g pro. Daily Values: 5% vit. A, 0% vit. C, 19% calcium, and 1% iron.

### Cake with All the Trimmings

Purchase a yummy bakery cake and you're almost finished creating a dazzling holiday finale.

**Prep:** 40 minutes **Stand:** 30 minutes

- 2 oz. white chocolate baking squares, melted
- ½ cup dried mango pieces
- ½ cup toasted coconut shards* or unsweetened flaked coconut
- ¼ cup candied ginger
- 1 to 2 Tbsp. dried cranberries
- 1 2-layer bakery or homemade frosted cake

1. Melt white chocolate according to package instructions. Carefully dip one edge of dried mango pieces into melted white chocolate. Set aside to harden on waxed paper. (Or, top cake with mango pieces and coconut mixture [Step 2]. Drizzle with melted white chocolate.)

2. Meanwhile, in a small bowl combine toasted coconut shards, candied ginger, and dried cranberries. Spoon mixture evenly over the top of frosted cake. Sprinkle with dried mango pieces. Makes 12 servings.

continued on page 188



# How do you make dinner a Success? Just add a can of Ro*Tel.

## Mex Bake

Success® White Rice
stick cooking spray
(10 oz.) Ro*Tel® Original Diced
natoes & Green Chilies, undrained
und browned ground beef
4 cups crushed tortilla chips
1 can (15 oz.) seasoned pinto or chili beans
1 pound pasteurized prepared cheese product, cut into cubes, divided
Sliced green onions and sour cream, optional

pare rice according to package directions; set aside.
heat oven to 350°F. Spray a 13x9x2-inch baking dish with cooking spray. In a medium
vl, combine Success Rice, Ro*Tel and ground beef; set aside. Cover baking dish bottom
h chips. Layer half of the cheese over the chips. Top with beans and rice-tomato-beef
xture. Top with remaining cheese. Bake, uncovered, for 15 minutes or until cheese is
lted. Garnish with sour cream and green onions, if desired.

akes 8 servings. Preparation Time: 15 minutes Cook Time: 15 minutes

rving Suggestion: It's also great meatless, or with chicken instead of beef!

or more recipes, visit www.successrice.com and www.ro-tel.com

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## Feasts of Comfort & Joy

continued from page 184

*Note: To make toasted coconut shards, use a vegetable peeler to cut a 3-inch-long piece of fresh coconut into thin shards. Place in a single layer on a baking sheet. Bake in a 350° F oven for 5 to 10 minutes or until lightly toasted.

Nutrition facts per serving: 487 cal., 20 g total fat (7 g sat. fat), 5 mg chol., 317 mg sodium, 75 g carbo., 2 g fiber, and 5 g pro. Daily Values: 10% vit. A, 1% vit. C, 12% calcium, and 7% iron.

## Our Eight Nights of Light

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### Classic Potato Latkes

Choose Idaho or russet potatoes for these traditional latkes.

**Prep:** 30 minutes
**Cook:** 6 minutes per batch

- 2 lb. potatoes (6 medium), peeled
- 1 medium yellow onion
- 2 eggs, lightly beaten
- ½ cup matzo meal
- 1½ tsp. kosher salt
- ½ tsp. coarsely ground black pepper
- Cooking oil for deep-fat frying

1. Shred potatoes and onion using a food processor, or shred by hand. Replace shredder blade of the food processor with the steel blade. Place half of the potato mixture in the food processor; pulse for 10 seconds. Place in a strainer over a small bowl. Repeat with remaining mixture. Or, chop the mixture by hand and place in the strainer over the bowl. Press out any excess liquid. Reserve liquid.

2. Place the drained potato mixture in a large bowl. Allow reserved liquid to stand about 3 minutes. (A thick starch will settle to the bottom of the bowl as the liquid rises.) Pour off and discard liquid, reserving starch in bowl (you should have about 4 teaspoons). Add eggs, matzo meal, salt, pepper, and reserved starch to potato mixture in large bowl. Stir to combine.

3. In a heavy 10- or 12-inch skillet heat 1 inch of oil (about 4 to 6 cups oil) over medium heat for 15 minutes (365° F). Using ¼ cup of the potato mixture for each, shape into 3-inch patties. Place 1 patty on a wide metal spatula; carefully place in the hot oil. Cook, 5 patties at a time, for 5 to 8 minutes or until golden, turning once. (Adjust heat as necessary to maintain 365° F oil.) Remove; drain on paper towels. Keep warm in a 300° F oven while cooking remaining latkes. Makes 12 to 15 latkes.

Nutrition facts per latke: 120 cal., 5 g total fat (1 g sat. fat), 35 mg chol., 256 mg sodium, 15 g carbo., 1 g fiber, and 3 g pro. Daily Values: 1% vit. A, 18% vit. C, 1% calcium, and 4% iron.

### Sweet Potato Latkes

Apple-pie spice and brown sugar emphasize the subtle flavor of the sweet potatoes.

**Prep:** 30 minutes
**Cook:** 6 minutes per batch

- 1¾ lb. sweet potatoes
- 2 eggs, beaten
- ½ cup matzo meal
- 1 Tbsp. dark brown sugar
- 1 tsp. kosher salt
- ¾ to 1 tsp. apple-pie spice
- ½ tsp. coarsely ground black pepper
- Cooking oil for deep-fat frying

1. Shred potatoes using food processor, or shred by hand (you should have 4½ cups shredded potatoes). Replace shredding blade of the food processor with the steel blade. Place 1 cup of the shredded potatoes in the food processor and pulse for 10 seconds. Or, chop the 1 cup shredded potato by hand.

2. Place all of the potatoes in a large bowl. Add eggs, matzo meal, brown sugar, salt, apple-pie spice and pepper to bowl. Stir to combine.

3. Cook latkes as directed for Classic Latkes (see Step 3, *left*). Makes about 16 latkes.

Nutrition facts per latke: 139 cal., 8 g total fat (1 g sat. fat), 27 mg chol., 136 mg sodium, 16 g carbo., 2 g fiber, and 2 g pro. Daily Values: 200% vit. A, 19% vit. C, 2% calcium, and 3% iron.

### Root Vegetable Latkes

These colorful latkes get a boost of hearty taste from the vegetables.

**Prep:** 25 minutes
**Cook:** 6 minutes per batch

- 2 cups coarsely shredded potatoes
- 1¼ cups coarsely shredded beets, rinsed and well drained
- 1 cup coarsely shredded carrot
- 1 cup coarsely shredded parsnip
- 1 cup coarsely shredded celeriac
- ⅔ cup finely chopped leek (2 medium)
- 2 eggs, beaten
- ½ cup matzo meal
- 1 tsp. kosher salt
- ½ tsp. coarsely ground black pepper
- Cooking oil for deep-fat frying
- Applesauce or dairy sour cream

1. Place shredded potatoes in a food processor bowl fitted with steel chopping blade. Cover and process with several pulses for 30 seconds. (Or finely chop shredded potato by hand.

2. In a large mixing bowl combine potatoes, beets, carrot, parsnip, celeriac, and leek. In a small mixing bowl combine beaten eggs, matzo meal, salt, and pepper. Add to vegetable mixture, stirring well to combine.

3. Cook latkes as directed for Classic Latkes (see Step 3, *left*). Serve with applesauce or sour cream. Makes about 20 latkes.

Nutrition facts per latke: 105 cal., 6 g total fat (1 g sat. fat), 21 mg chol., 122 mg sodium, 12 g carbo., 1 g fiber, 2 g pro. Daily Values: 32% vit. A, 10% vit. C, 2% calcium, 3% iron.

Between happy and holidays



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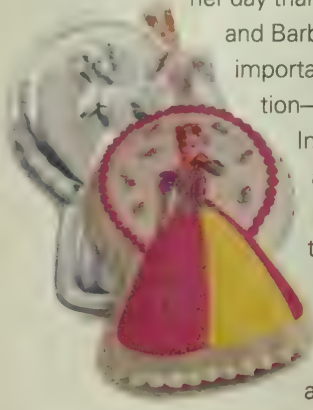
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# Win Money and Prizes

Prize Tested Recipes® (see *page 193*)

Your original recipe could be worth up to $400 and net you a kitchen full o new appliances. Send your recipes (ones that have never before been published to our Prize Tested Recipes® contest, which features two new categories each month. Seven months later, we'll publish the four winning recipes.

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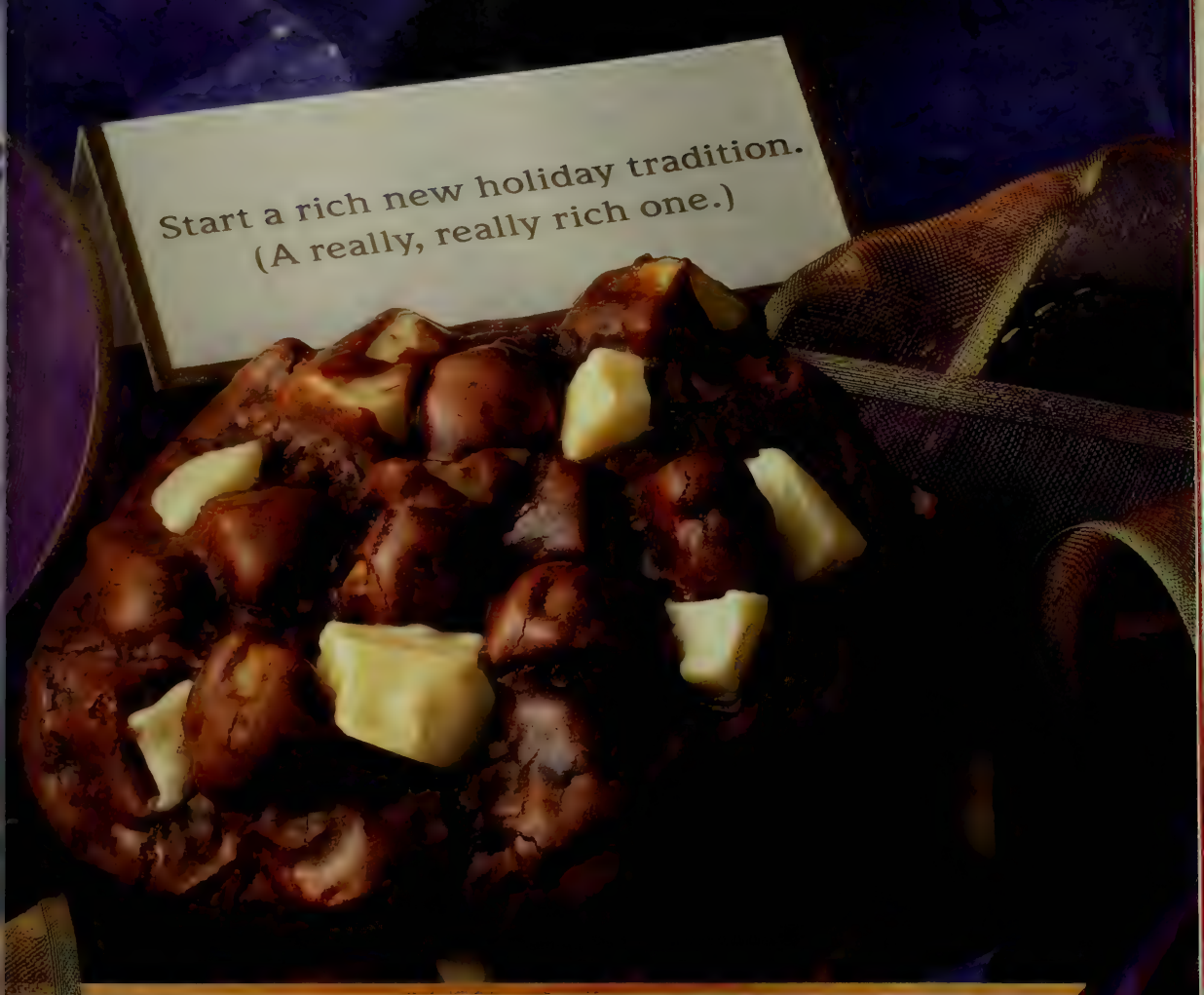
**Monthly Prizes:** Two $400 winners, two $200 winners, ten $50 honor rolls

**July 2002 Categories: Mango Magic:** Share your recipe for using cut-up fresh o jarred mango in salads, main dishes, relishes, or salsas. Or does the fruit star in your favorite mango dessert, such as ice cream, a fruit tart, or an airy mousse?

**Five-Ingredient Dinners:** Consider quick stews, pastas, pizzas, skillet creations casseroles—even soups and salads—for this category. Meat, fish, or vegetarian main dishes are all welcome. Don't count water, oil, salt, or pepper.

**This Month's Winners** — Pages 193 and 194
$400 Winners: Tim Bernard, Wirtz, Va.; Camilla V. Saulsbury, Bloomington, Ind. $200 Winners Lori Hall, Erie, Pa.; Mary Helms, Anchorage, Alaska. $50 Honor Roll Winners: Kathleen L Boulanger, Williston, Vt.; Rosemary Cipriano, Brooklyn, N.Y.; Connie Cobern, Hendersonville Tenn.; Ethel Comer, Murrells Inlet, S.C.; Mary Dolnik, Vista, Calif.; Eleanor J. Froehlich Rochester Hills, Mich.; Robin Haas, Jamaica Plain, Mass.; Ellen Nishimura, Fair Oaks, Calif. Pamela B. Pacileo, Middlebury, Conn.; Myrtice Louise Toshach, Raleigh, N.C.

**Contest Rules:** NO PURCHASE NECESSARY. 1. The contest is open to legal U.S residents, except Meredith Corporation employees, its affiliates, subsidiaries, and thei immediate families. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "Mango Magic" or "Five-Ingredient Dinners." Specify brands and recipe origin. 3. Send recipes by postal mail to: 0207 Food Department, *Better Homes and Gardens*® Magazine, Des Moines, IA 50309-3023. Or, send e-mail entries to ptr@mdp.com. 4. Entries must be postmarked by December 21, 2001, and received by December 31, 2001. E-mail entries must be posted by 11:59 p.m., EST, December 21, 2001 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit, release, and copyright assignment. The annual grand prize winne will be selected from the year 2002's top winners on or about October 1, 2002, and wil be notified by mail. The grand prize winner will choose up to $5,000 worth of GE Profile appliances from a local dealer at the dealer's then-current retail prices. Any applicable sales tax, delivery charges, or additional costs will be included in the $5,000 prize. Cash will not be offered in lieu of prizes. 6. Entries must be your original recipes. No previously published recipes. They will be judged on creativity, taste, and practicality by *BH&G*® editors. Decisions of judges are final. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjus winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law. Send a self-addressed stamped envelope to above address to receive winners' list, available six months after entry deadline. 9. Meredith Corporation assumes no responsibilities for entries they are unable to process due to phone, network, electronic, or computer hardware or software failures, or technical failures of any kind. Subject to all U.S federal, state, and local laws and regulations. Void where prohibited. Taxes on prizes are the responsibility of the winners.




Prep: 15 minutes

Bake: 14 minutes

## Baker's One Bowl™

# Death By White Chocolate Cookies

- 1 pkg. (8 squares) BAKER'S Semi-Sweet Baking Chocolate
- ¾ cup firmly packed brown sugar
- ¼ cup (½ stick) butter or margarine, softened
- 2 eggs
- 1 tsp. vanilla
- ½ cup flour
- ¼ tsp. CALUMET® Baking Powder
- 1 pkg. (6 squares) BAKER'S Premium White Baking Chocolate, coarsely chopped, or 1 cup BAKER'S White Chocolate Chunks
- 2 cups chopped PLANTERS Macadamias or toasted PLANTERS Slivered Almonds

**HEAT** oven to 350°F. **MICROWAVE** semi-sweet chocolate in large microwavable bowl on HIGH 2 minutes. Stir until chocolate is melted and smooth. Stir in sugar, butter, eggs and vanilla with wooden spoon until well blended. Stir in flour and baking powder. Stir in white chocolate and nuts. Drop by scant 1/4 cupfuls onto ungreased cookie sheets. **BAKE** 13 to 14 minutes or until cookies are puffed and feel set to the touch. Cool 1 minute; remove from cookie sheets. Cool completely on wire racks. Makes about 18 large cookies. *Note: If omitting nuts, increase flour to 3/4 cup to prevent spreading. Makes about 15 large cookies. Great substitute: Substitute 1 cup*  *dried cranberries for 1 cup of the nuts.*

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see page 190 for details



# $400 winner Berry-Sage Thumbprints

Camilla V. Saulsbury, Bloomington, Ind.,
in the Yuletide Cookies Category, December 2001

- 2 cups all-purpose flour
- ⅔ cup yellow cornmeal
- 1½ tsp. dried sage, crushed
- ¼ tsp. baking powder
- 1 cup butter, softened
- 1 cup packed brown sugar
- 2 egg yolks
- 2 tsp. finely shredded lemon peel
- 1½ tsp. vanilla
- ¾ cup blackberry preserves

Preheat oven to 350° F. In a medium bowl combine flour, cornmeal, sage, and baking powder. Set aside.

In a large mixing bowl beat butter with an electric mixer on medium speed for 30 seconds. Add brown sugar and beat until combined, scraping sides of bowl occasionally. Beat in egg yolks, lemon peel, and vanilla until combined. Beat in as much of the flour mixture as you can with the mixer. Stir in any remaining flour mixture.

Shape dough into ¾-inch balls. Place 1 inch apart on an ungreased cookie sheet. Lightly press the tip of your thumb into the center of each ball. Fill the centers with about ¼ teaspoon of the blackberry preserves. Bake about 10 minutes or until the bottoms are lightly browned. Cool on cookie sheet for 1 minute. Transfer cookies to a wire rack; cool completely. Makes about 60.

Nutrition facts per cookie: 115 cal., 5 g total fat (3 g sat. fat), 24 mg chol., 57 mg sodium, 16 g carbo., 0 g fiber, and 1 g pro. Daily Values: 4% vit. A, 1% vit. C, 1% calcium, and 3% iron.

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see page 190 for details



# $400 winner Pork Salad Sandwiches

Tim Bernard, Wirtz, Va.,
in the Citrus Inspirations Category, December 2001

- 2 cups cooked pork, cut into thin strips or diced
- 1 cup diced red, yellow, and/or green sweet pepper
- ½ cup sliced celery
- ¼ cup chopped red onion
- ⅓ cup mayonnaise or salad dressing
- 2 Tbsp. Dijon-style mustard
- 1 Tbsp. finely shredded orange peel
- 1½ tsp. dried spice blend of lemon, basil, and thyme
- 1 tsp. finely shredded lemon or lime peel
- 1 tsp. sugar
- 3 cups packaged shredded cabbage with carrot (coleslaw mix)
- 3 oranges, peeled and sectioned
- 1 lemon or lime, peeled and sectioned
- 6 to 8 hoagie buns, kaiser rolls, or desired rolls, split

In a large bowl combine cooked pork, sweet pepper, celery, and onion. In a small bowl combine mayonnaise, mustard, orange peel, spice blend, lemon or lime peel, and sugar; stir into pork mixture. Cover and chill for 2 to 4 hours. Just before serving, fold in coleslaw mix and citrus sections. Spoon filling into buns. Makes 6 to 8 sandwiches.

Nutrition facts per sandwich: 493 cal., 16 g total fat (3 g sat. fat), 46 mg chol., 743 mg sodium, 64 g carbo., 6 g fiber, and 24 g pro. Daily Values: 85% vit. A, 167% vit. C, 15% calcium, and 18% iron.



Prize Tested Recipes®

see page 190 for details

## $200 winner Grapefruit-Miso Salad

Lori Hall, Erie, Pa.,
in the Citrus Inspirations Category, December 2001

- 2 cups torn romaine lettuce
- 2 cups torn fresh spinach
- ½ cup chopped yellow sweet pepper
- 3 Tbsp. miso paste*
- 2 Tbsp. rice vinegar
- 2 Tbsp. salad oil
- 2 tsp. sugar
- 1 medium tomato, cut into wedges
- 2 to 3 small grapefruit, peeled and sectioned
- ¼ cup fresh enoki mushrooms

In a large bowl combine romaine, spinach, and yellow sweet pepper. In a small bowl combine miso, vinegar, salad oil, and sugar; whisk until smooth. Pour miso mixture over vegetable mixture; toss to coat. Transfer to serving bowl. Top with tomato wedges, grapefruit sections, and enoki mushrooms. Makes 4 to 6 servings.

**Note:* Look for miso paste (also called bean paste) in the Oriental food section of larger supermarkets or in specialty food stores.

Nutrition facts per serving: 158 cal., 8 g total fat (1 g sat. fat), 0 mg chol., 488 mg sodium, 20 g carbo., 4 g fiber, and 4 g pro. Daily Values: 40% vit. A, 152% vit. C, 6% calcium, and 9% iron.



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## $200 winner Choco-Orange Diamonds

Mary Helms, Anchorage, Alaska,
in the Yuletide Cookies Category, December 2001

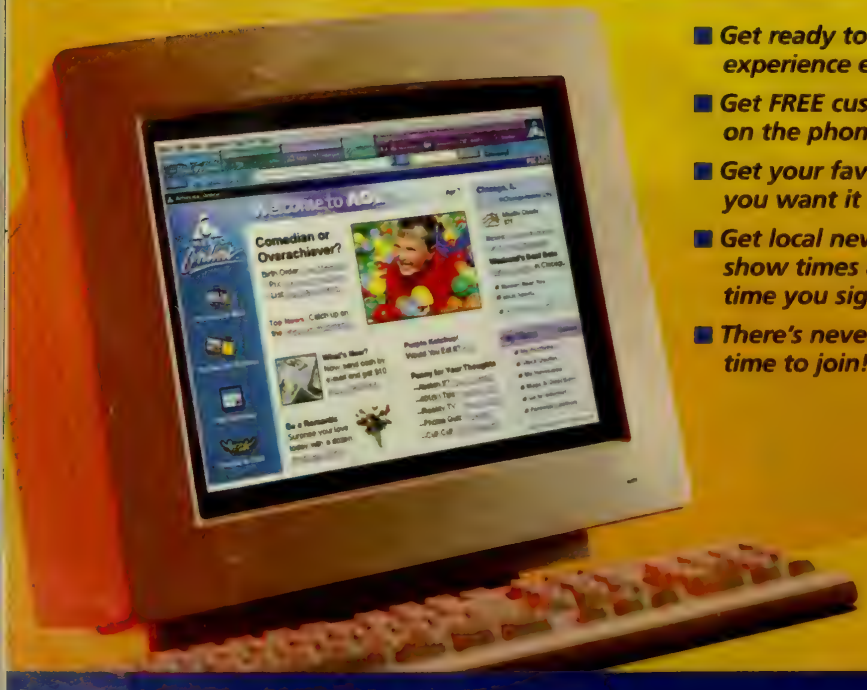
- 1 cup butter, softened
- 1⅔ cups sugar
- 3 eggs
- 1 egg yolk
- 3 tsp. finely shredded orange peel (set aside)
- ½ cup orange juice
- 1½ cups all-purpose flour
- ½ cup finely chopped pecans
- 4 eggs, lightly beaten
- 3 Tbsp. all-purpose flour
- 8 oz. bittersweet chocolate, finely chopped
- 1½ cups chopped pecans
- 3 oz. bittersweet chocolate, melted and cooled

Preheat oven to 350° F. In a large mixing bowl beat butter with an electric mixer on medium to high speed for 30 seconds. Add ⅔ cup of the sugar and ¼ teaspoon *salt*; beat until combined. Add the 3 eggs and the yolk, one at a time, beating well after each addition. Beat in ¼ cup of the orange juice until combined. Add the 1½ cups flour; beat until combined. Stir in 1 teaspoon of the orange peel and the ½ cup finely chopped pecans. Spread in a greased 15×10×1-inch baking pan. Bake for 15 minutes or until lightly browned (mixture may puff, but will fall when removed from oven).

Meanwhile, in a bowl use a wire whisk to combine the 4 eggs, remaining 1 cup sugar, remaining 2 teaspoons peel, remaining ¼ cup orange juice, and the 3 tablespoons flour until smooth. Stir in finely chopped chocolate and 1½ cups nuts. Spread over hot crust. Return to oven. Bake for 15 to 17 minutes more or until set. Cool in pan on rack. Drizzle bars with melted chocolate. Cut into diamonds. Makes about 60.


Seafood Paella a la Goya
3 tbsp. Goya Olive Oil
2 tsp. Goya Minced Garlic or 4 cloves fresh garlic, minced
2 boxes (12 oz.) Goya Valencia Rice
2 packets Sazón Goya con Azafrán
18 Goya Manzanilla Spanish Olives Stuffed with Minced Pimientos
¡Viva Paella. Olé!
1 cup diced onions
1/2 cup diced red bell peppers
1/2 cup diced green bell peppers
4 bottles (8 oz.) clam juice
2 cups water
12 mussels
12 little neck clams
1/2 lb. sea scallops
1 lb. jumbo shrimp (21-24)
6 baby lobster tails, optional
1 box (10 oz.) frozen peas
Preheat oven to 350° F. with oven rack in lower third of oven. In paella pan, heat oil on medium. Stir in onion, red and green peppers, and garlic. Cook until onions are translucent. Stir in rice. Cook for 2 minutes. Add Sazón, clam juice and water and bring to boil. Cover, reduce heat and simmer for 8 minutes. Add mussels, scallops, shrimp, lobster (if using), peas and olives. Stir to mix. Return to boil, cover and place in oven. Cook until all liquid is absorbed and clams and mussels have opened, about 20 minutes. Stir to fluff rice. Garnish with sliced pimientos and parsley and say ole! Serves 8-10
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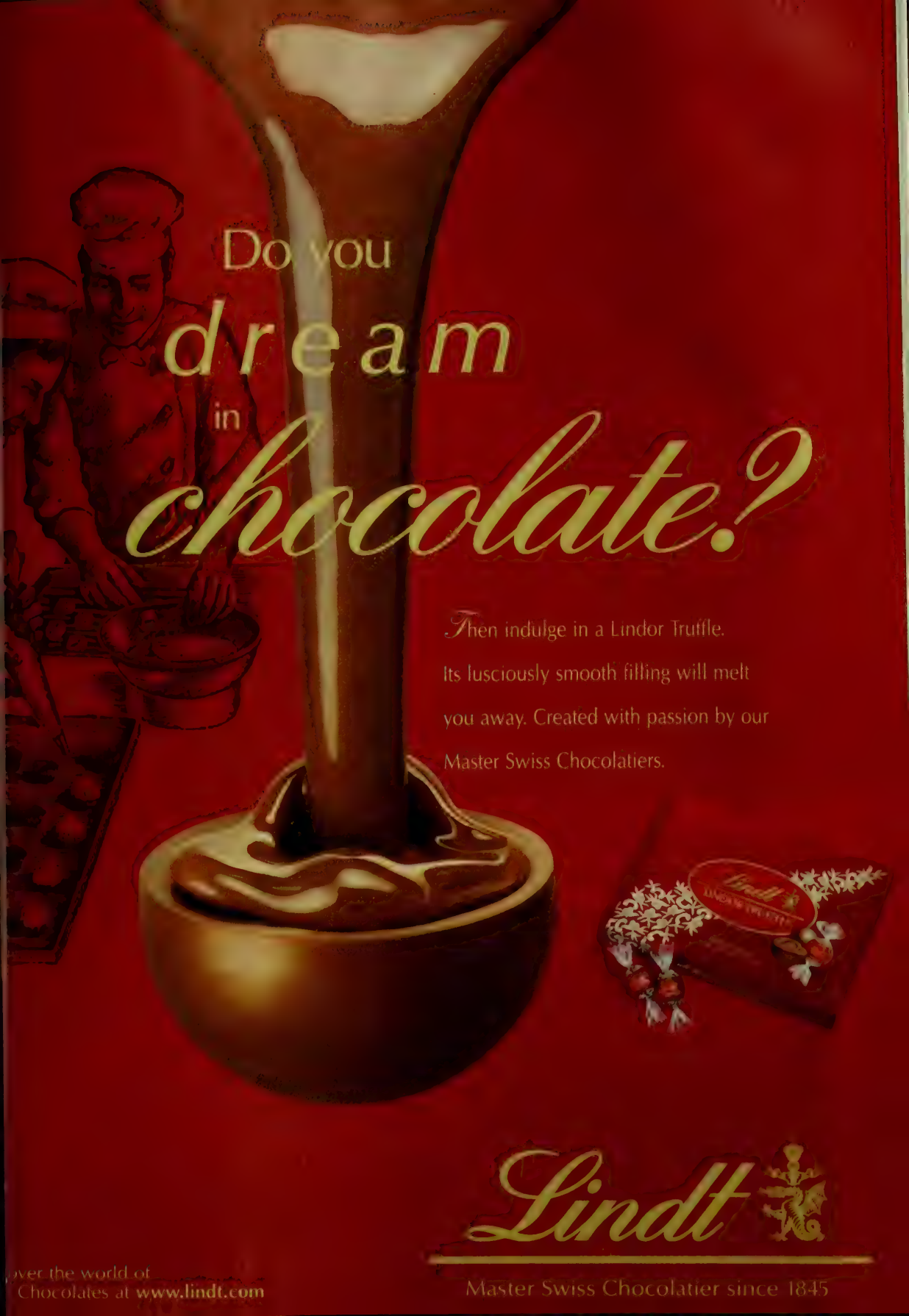
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by
Ken Haedrich

# small leaves huge flavor

Bay leaves have always added complex taste to soups, stews, and sauces. But it's time to take this familiar green leaf way beyond basic.



**Know your A-Bay-Cs**

Bay leaves are the silent sentinels in many dishes: Even if you don't see them, you can taste them. Their peppery sweetness complements—rather than competes with—other herbs as well as main ingredients.

Fresh bay leaves, which are more potent than the dried version, are available at grocery and specialty stores. Look for waxy, pliable, bright green leaves, and store them in the refrigerator for up to seven days. Add fresh leaves during the last 15 minutes of cooking; dried leaves need longer cooking times to impart their flavor.

Toss them into the liquid when cooking grains and beans or braising meats and vegetables. Lay a few leaves on top of meats intended for the grill, or tuck some inside a roasting chicken. And, please don't eat the bay leaves—they are typically removed before serving.



**Big ideas for bay leaves**

- **Poached fruit (*top left*)**

Toss in 2 to 4 bay leaves and a cinnamon stick to perk up your favorite poached fruit recipe.

- **Infused oils (*center, right*)**

Add a bay leaf to oil intended for marinades and vinaigrettes. Just combine ¼ cup oil and a bay leaf and heat for two minutes. Use immediately.

- **Bay seasonings (*left*)**

Make a classic bouquet garni, the herb bundle used to flavor soup stocks and stews, with bay leaves, parsley, and branches of thyme.

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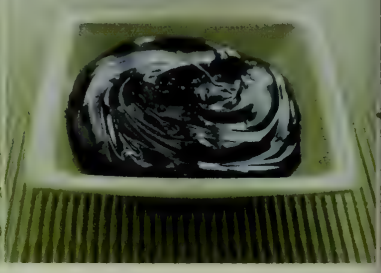
**Preserves and Marmalades**
Choose your favorite fruit and start brushing and glazing meats, poultry, vegetables, and baked goods.



**Walnuts**
Crushed, toasted, or whole: Toss into vinaigrettes, across salads, over cheeses and fruits, or onto mashed potatoes.



**Ultra-Fudge Sauces**
Desserts, cookies, hot cocoa, or ice creams topped with a specialty chocolate sauce reap rich rewards.



# Winter Party Pantry

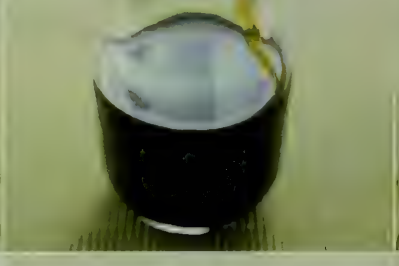
Take a peek behind our cupboard door: We've stocked our pantry with a few just-the-other-side-of-ordinary items to give party fare a kick. Timeworn recipes perked up by an imaginative pinch of this or dash of that is what we call "out of the box (or bottle) cooking."

by Stephen Exel

**Mulling Spices**
Of course you'll make hot spiced cider. Also, cast a bundle of flavor into meat glazes, warmed syrups, or a pot of tea.



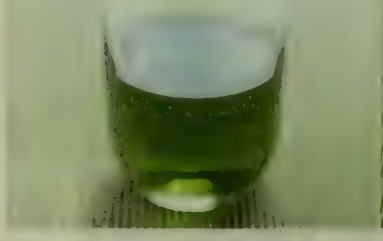
**Molasses**
Enhances both sweet and savory. Stir into salad dressings or stews, pour over potatoes, or top biscuits and scones.



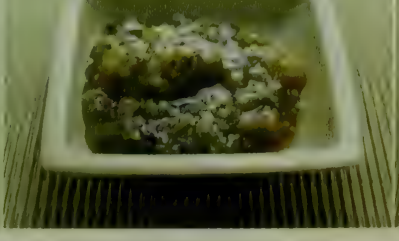
**Dried Cranberries**
Substitute wherever you would use a raisin. Punch up brownies or coleslaws, or sweeten gravies and stuffings.



**Infused Oils**
Drizzle oils flavored with truffles, citrus, or chiles over salads, soups, or pastas to turn simple into spectacular.



**Salsa Spin-Offs**
Spice things up with a new-style salsa. Spoon over chicken, fold into dips, tuck inside a casserole, or top shrimp cocktail.



**Dressed-Up Crackers**
No more "same-old." When flecked with pepper, sesame, or garlic, crackers enliven cheese, hot dips, and spreads.



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**Challenge Butter Gingerbread Cookies**

1 cup (2 sticks) Challenge Butter
1 cup sugar
1 tablespoon ginger
2 teaspoons cinnamon
1 teaspoon cloves
1/2 cup each: water, dark corn syrup
4 cups all-purpose flour
1 1/2 teaspoons baking soda
1/4 teaspoon salt
Colored icing

Combine sugar, spices, water and corn syrup in small saucepan. Bring to boil, stirring constantly. Remove from heat and pour over butter in large mixing bowl. Stir until butter melts; cool to lukewarm. Combine flour, baking soda and salt. Add in butter mixture; mix well. Cover and refrigerate dough overnight. Preheat oven to 375°F. Roll dough on lightly floured surface to 1/8-inch thickness. Cut with floured gingerbread people cutters. Bake on unbuttered cookie sheet 12 to 15 minutes or until golden. Cool completely on wire racks; decorate as desired with icing. **Yields 3 dozen 6-inch cookies.**

For other delicious cookie and holiday recipes visit www.challengedairy.com




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## Short and Sweet

Our crisp spin on shortbread—with a touch of thyme—is especially good served with a cup of lemon tea.

**Pine Nut and Thyme Shortbreads**
**Prep:** 20 minutes **Bake:** 15 minutes

- ⅓ cup toasted pine nuts*
- 1¼ cups all-purpose flour
- 3 Tbsp. sugar
- 2 Tbsp. finely snipped fresh thyme or 1 tsp. dried thyme, crushed
- ½ cup butter (no substitute)

1. Preheat oven to 325° F. In blender or food processor container place nuts. Cover; blend or process until finely ground.
2. In mixing bowl combine flour, ground pine nuts, sugar, and thyme. Using pastry cutter, cut in butter until mixture resembles fine crumbs and starts to cling together. Form mixture into ball; knead until smooth.
3. Shape dough into 1-inch balls. Place dough balls 2 inches apart on ungreased cookie sheet. Press with sugared cookie stamp or bottom of drinking glass to ¼ inch thick. Bake 15 to 20 minutes or until bottoms start to brown. Cool on cookie sheet 1 minute. Transfer to racks; cool. Makes 24.

*To toast nuts, place in skillet. Cook over medium heat, stirring often, 8 to 10 minutes or until light golden brown.

Nutrition facts per cookie: 75 cal., 5 g total fat (3 g sat. fat), 11 mg chol., 41 mg sodium, 6 g carbo., 0 g fiber, 1 g pro. Daily Values: 4% vit. A, 0% vit. C, 0% calcium, and 3% iron.

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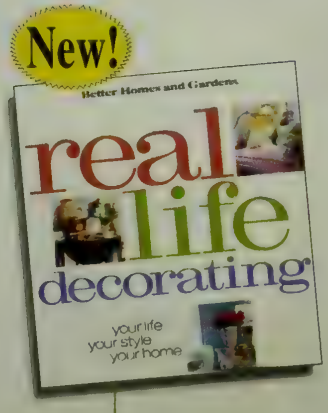



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# Back to the Grind

## Grind coffee beans just before brewing, and only grind the amount you need for a single pot.

The right grind of coffee can make the difference between a cup of steaming java that's just OK and one that's memorable. So, what's the right grind for your coffeemaker? Follow these guidelines.

### Grinding beans at home

Start with fresh beans purchased from a specialty shop or grocer. Store the whole beans in an airtight container at room temperature. Beans can be stored in the freezer for up to two months, but don't take them in and out of the freezer on a regular basis because condensation will harm the flavor. It's best to grind the beans just prior to brewing and to only grind the amount you need for a single pot; ground coffee loses flavor during storage. Grind until you no longer hear the clinking of whole beans in your grinder. During grinding, stop and shake the grinder gently once or twice to ensure the grounds are uniform.

### How fine?

The faster the brew cycle of your coffeemaker, the finer the grounds should be and the longer you should grind the beans. Start with 2 tablespoons of ground coffee for each 6-ounce cup of coffee—no matter what kind of coffeemaker you're using (drip, percolator, plunger pot, etc.). If you're not happy with the results, adjust the amount of ground coffee in the next brew.

- For plunger pots—which have a relatively slow brewing time—you'll want a coarse grind. Plan on processing whole beans for only about 6 seconds in your grinder.
- For drip coffeemakers, the right grind should allow the coffee to finish dripping in 2 to 4 minutes. For filters with a flat bottom, process beans about 10 seconds in your grinder. For cone-shaped filters, allow 25 seconds to process beans.
- For espresso makers, grind beans extra fine, about 35 seconds in your grinder. The cup in your espresso maker should fill in 20 to 25 seconds. If it takes more time, the grind is too fine. If less, it is too coarse.
- For percolated coffee, you should check the manufacturer's directions for recommended coffee grind.





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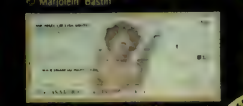

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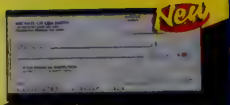

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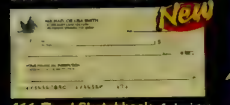

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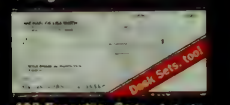

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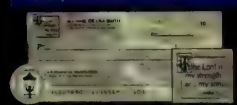
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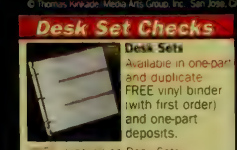
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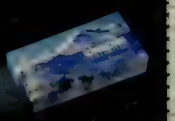
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# Sip of Cheer

by Bev Bennett

Of course you should splurge a little during the holidays—just pick a drink that has a joyous flavor and a smidge of nutritional benefits.

Juice-based drinks stirred with citrus-on-a-stick will give you some vitamins. Start with 100 percent apple juice and you'll get a jot of heart-protecting antioxidants. Add wedges of orange, lemon, or lime for a little infection-fighting vitamin C. The more color, the merrier. Brilliantly colored fruits (and their juices), such as pomegranates, cranberries, oranges, and mangoes, are high in vitamins.

A cup of Christmas tea or a festive tea-based punch also may have health benefits. Two cups of tea contain a level of flavonoids—plant chemicals that may reduce the risk of heart disease, stroke, and stomach cancer—equal to a serving of vegetables, says Jeffrey Blumberg, Ph.D., a nutrition researcher at Tufts University in Boston.

continued on page 200

**Apple Sparkler**
**Prep:** 15 minutes

- 1 Tbsp. red or green colored sugar (optional)
- 10 unpeeled orange wedges or chunks
- 5 unpeeled lime wedges or chunks
- 5 6-inch wooden skewers
- ⅔ cup raspberry juice blend
- 1 750 ml bottle sparkling apple cider or sparkling pear-apple juice, chilled

1. Sprinkle colored sugar on a piece of waxed paper. Moisten the rims of five wine glasses, one at a time, with a little water. Dip each rim in sugar and set aside for 5 to 10 minutes to dry.

2. For fruit garnish, place 2 orange wedges and 1 lime wedge onto each skewer; set aside.

3. Divide raspberry juice blend among prepared wine glasses. Being careful not to disturb the sugar on the rim, gently pour sparkling cider into each glass. Place a citrus skewer in each glass. Makes 5 servings.

Nutrition facts per serving: 98 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 5 mg sodium, 12 g carbo., 1 g fiber, and 0 g pro. Daily Values: 1% vit. A, 38% vit. C, 3% calcium, and 4% iron.

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continued from page 198



**Spiced Christmas Tea**
**Prep:** 10 minutes **Cook:** 3 minutes

- 2 cups water
- 3 tea bags (unflavored black tea)
- 4 star anise
- 1 3-inch-long cinnamon stick
- 1 cup passion fruit nectar
- 3 Tbsp. honey
- 2 Tbsp. lemon juice

1. In a medium saucepan bring water to boiling. Add tea bags, anise, and cinnamon stick. Reduce heat. Simmer, uncovered, for 3 to 5 minutes. Discard tea bags and cinnamon stick. Stir in nectar, honey, and lemon juice. Heat through.

2. Pour tea mixture into four heat-proof cups, floating a star anise on top of each. Makes 4 servings.

Nutrition facts per serving: 89 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 5 mg sodium, 23 g carbo., 0 g fiber, 0 g pro. Daily Values: 1% vit. A, 23% vit. C, 0% calcium, 1% iron.

## A TOAST TO HEALTH

Thirst-quenching options abound this holiday season, but as always, moderation is the key.

- Alcohol: It's full of calories and concerns. Yet the evidence is pretty convincing that a drink a day for the middle-aged and older has heart-protecting qualities. Alcohol probably won't benefit younger people who have little risk of heart disease, and should be avoided by pregnant women and people with liver disease. In addition, women who have more than one drink a day may boost their risk of developing breast cancer, but evidence indicates an adequate intake of folic acid may counteract that risk.
- Coffee: Drink too much of it and you'll notice its stimulant effect, making you jittery and irritable. But coffee drinkers have a lower risk of getting kidney stones and gallstones.
- Juice and soft drinks: One hundred percent juice provides vitamins and minerals, but also calories. Soda may quench your thirst, but it's full of "empty" calories. A 12-ounce can of cola, which is more than 90 percent water, typically contains 10 teaspoons of sugar and about 150 calories.
- Milk: A good source of calcium, but watch those calories. Even nonfat milk has 85 calories per cup.
- Tea: Black and green teas are full of good-for-you plant chemicals. The fresher the brewed tea, the better, because its flavonoids diminish over time.
- Others: Soy milk, rice milk, and almond milk provide an alternative for those who are lactose intolerant. These milks also are cholesterol free. But they aren't calorie free. A cup of rice milk has 120 calories; soy milk, 81 calories; and almond milk, 60 calories. In the soy milk lineup you'll find mocha, cappuccino, and fruit flavors. There's even a convincing soy nog.
- Water: Drink up. It's calorie free.




NGULAIR can help you control your child's asthma.

**NGULAIR is different from many daily inhaled con-llers. It's not a steroid and it's a once-a-day cherry ewable tablet** that can help control your child's asthma a full 24 hours.

NGULAIR helps keep the airways open to make breathing sier. It's also been shown to reduce reliance on rescue dications.

**NGULAIR should NOT be used for the fast relief of ute asthma attacks or to prevent or treat asthma ade worse by exercise.** Your child should still have res-e medication available. Your child should continue to e their other asthma medications unless their doctor s you to stop. SINGULAIR should be taken once a day, he evening as prescribed, whether or not your child has asthma symptoms. If symptoms get worse or they need to increase the use of their rescue inhaler, call their doctor at once.

In clinical studies, side effects were usually mild, and included headache, flu, runny nose, and ear infection, and generally did not stop patients from taking SINGULAIR. Side effects varied by age.

SINGULAIR is available in a 4-mg cherry chewable tablet for children 2–5 and a 5-mg cherry chewable tablet for children 6–14. It's also available in a 10-mg tablet for adults. SINGULAIR is available by prescription only.

**Ask your child's doctor about adding once-a-day SINGULAIR.**

And call 1-888-MERCK-57. Or visit our website at **www.singulair.com/kids**

ONCE-A-DAY
**SINGULAIR**
*(MONTELUKAST SODIUM)*

**Asthma control that can help you breathe easier.**

Please see the Patient Product Information on the next page and discuss it with your doctor.

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**SINGULAIR® (Montelukast Sodium) Tablets and Chewable Tablets**
**Patient Information about**
**SINGULAIR® (SING-u-lair)**
**Generic name: montelukast (mon-te-LOO-kast) sodium**

Read this information before you start taking SINGULAIR. Also, read the leaflet each time you renew your prescription, in case anything has changed. This leaflet does not take the place of complete discussions with your doctor. You and your doctor should discuss SINGULAIR when you start taking your medicine and at regular checkups.

**What is SINGULAIR*?**

- Your doctor has prescribed SINGULAIR once a day for the long-term treatment of your (or your child's) asthma.
- SINGULAIR is a medicine called a leukotriene receptor antagonist. It works by blocking substances in the body called leukotrienes. Blocking leukotrienes improves asthma symptoms. SINGULAIR is not a steroid.
- SINGULAIR comes in 3 forms:
  1. A 10-mg tablet that you swallow whole (for adults and children above age 14).
  2. A 5-mg chewable tablet (for children ages 6-14).
  3. A 4-mg chewable tablet (for children ages 2-5).
- **SINGULAIR should NOT be used for the fast relief of asthma attacks.** If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.

**What is asthma?**

- Asthma is a continuing (chronic) lung disease. It cannot be cured, but it can be controlled.
- Symptoms of asthma include:
  - coughing
  - wheezing
  - chest tightness
- In some patients, symptoms worsen during the night or after exercise.

**Who should not take SINGULAIR?**

Patients with allergies to any components of SINGULAIR should not take SINGULAIR. The active ingredient in SINGULAIR is montelukast sodium. The inactive ingredients are listed at the end of this leaflet.

The safety and efficacy of SINGULAIR has not been established in children younger than age 2.

**What should I tell my doctor before taking SINGULAIR?**

Tell your doctor:

- If you are pregnant or plan to become pregnant. SINGULAIR may not be right for you.
- If you are breast-feeding. SINGULAIR may be passed in your milk to your baby.
- About any medical problems or allergies you have now or have had.
- About all medicines that you are taking or plan to take, including those you can get without a prescription.

**How should I take SINGULAIR?**

- Take SINGULAIR once a day in the evening.
- Take SINGULAIR daily for as long as your doctor prescribes it, even if you have no symptoms.
- You may take SINGULAIR with or without food.
- Children who are prescribed SINGULAIR should take it under the supervision of an adult.
- If your symptoms get worse, or if you need to increase the use of your inhaled rescue medicine for asthma attacks, contact your doctor at once.
- **Do NOT take SINGULAIR to stop an asthma attack.** If an attack occurs, follow the instructions your doctor gave you for asthma attacks.
- It is very important that you continue taking your other asthma medicines unless your doctor tells you to stop. In addition, do not lower the dose of any of your asthma medicines unless you are told to do so by your doctor. Your doctor may decide to reduce the amount you use of your current asthma medicine.
- If your asthma is made worse by exercise, continue to use the medicines your doctor prescribed for you to use before exercise, unless your doctor tells you otherwise. Always have your inhaled rescue medicine for asthma attacks with you in case you need it.

The dose for adults and adolescents 15 years and older is one 10-mg tablet daily. The dose for children 6 to 14 years old is one 5-mg chewable tablet daily. The dose for children 2 to 5 years old is one 4-mg chewable tablet daily.

**What should I avoid while taking SINGULAIR?**

- If your asthma is made worse by aspirin, you should continue to avoid aspirin or other non-steroidal anti-inflammatory drugs, such as ibuprofen and naproxen.

**What are the possible side effects of SINGULAIR?**

The side effects of SINGULAIR are usually mild.

- The side effects in patients treated with SINGULAIR were similar in type and frequency to side effects in patients who were given a placebo (a pill containing no medication).

**The list below is NOT a complete list of side effects reported with SINGULAIR.** Your doctor can discuss with you a more complete list of side effects. The most common side effects are listed below.

tiredness
fever
abdominal (stomach) pain
stomach or intestinal upset (gastroenteritis)
heartburn
dizziness
headache
rash
cough
flu
stuffy nose

Less common side effects included the following

- allergic reactions including:
  - swelling of the face, lips, tongue, and/or throat, which may cause difficulty in breathing or swallowing
  - hives
  - itching
- bad/vivid dreams
- irritability
- restlessness
- insomnia
- seizure
- nausea
- vomiting
- dyspepsia
- diarrhea
- pancreatitis
- muscle aches and muscle cramps
- increased bleeding tendency
- bruising
- edema

Rarely, patients taking SINGULAIR have e
rienced a condition that includes a combi
tion of certain symptoms that do not go a
or that get worse. These symptoms may inc

- a flu-like illness
- rash
- a feeling of pins and needles or nu
  ness of arms or legs
- severe inflammation (pain and swe
  of the sinuses (sinusitis)

These have occurred usually, but not alwa
in patients who were taking oral corticost
pills for asthma and those corticosteroids
being slowly lowered or stopped. Althoug
SINGULAIR has not been shown to cause
condition, you must tell your doctor right
away if you develop one or more of these
symptoms.

Remember, anytime you have a medical p
lem you think may be related to SINGULA
talk to your doctor.

**Other Information**

Do not share SINGULAIR with anyone els
was prescribed only for you. Do not use it
a condition for which it was not prescribe

Keep SINGULAIR and all medicines out of
reach of children.

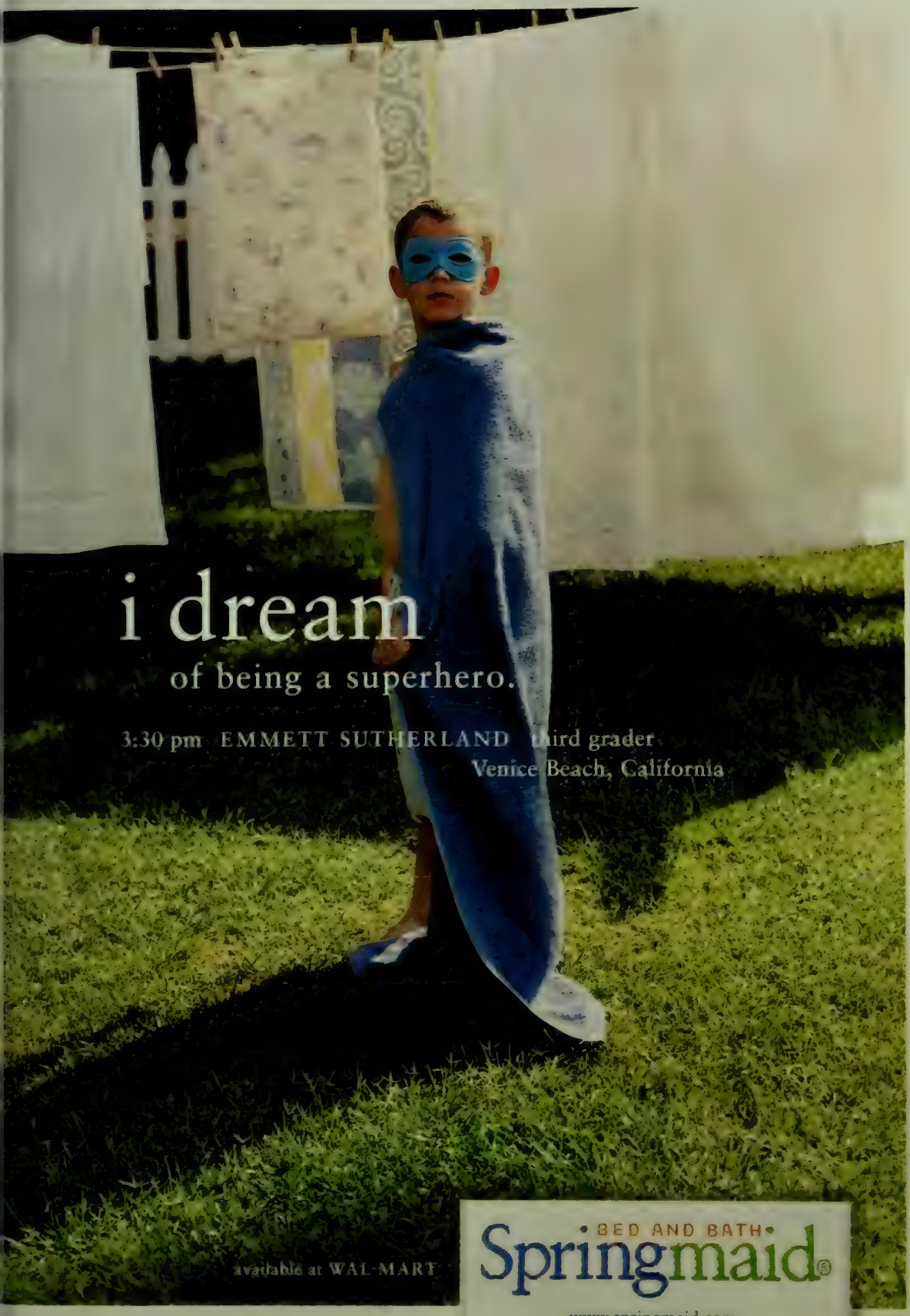
Phenylketonurics: SINGULAIR 4-mg and 5
chewable tablets contain 0.674 and 0.842
phenylalanine, respectively.

This leaflet provides a summary of inform
tion about SINGULAIR. If you have any qu
tions or concerns about either SINGULAIR
asthma, talk to your doctor. In addition, y
can talk to your pharmacist or other healt
care provider. Your doctor or pharmacist c
give you an additional leaflet that is writte
health professionals.

Inactive ingredients:
4-mg and 5-mg chewable tablets: mannito
microcrystalline cellulose, hydroxypropyl
cellulose, red ferric oxide, croscarmellose
sodium, cherry flavor, aspartame, and
magnesium stearate.
10-mg tablet: microcrystalline cellulose,
lactose monohydrate, croscarmellose sod
hydroxypropyl cellulose, magnesium stea
hydroxypropyl methylcellulose, titanium
dioxide, red ferric oxide, yellow ferric oxid
and carnauba wax.

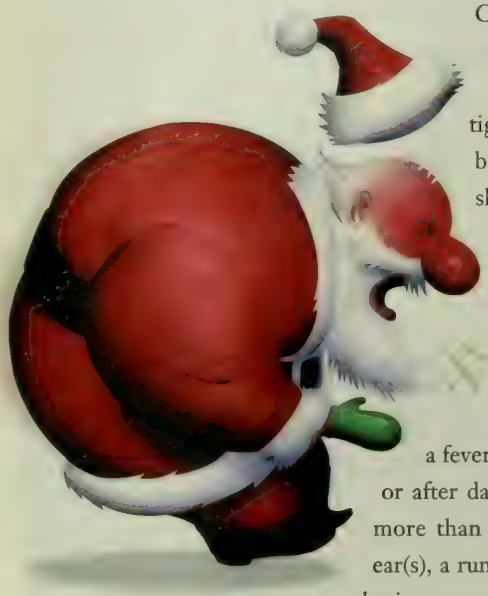
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# Bless You!

'Tis the season of sneezes and sniffles. If you suspect a cold or flu, get more rest, use a humidifier, supplement fluid intake, and soothe a sore throat with lozenges or warm saltwater gargles. Let yourself cough if you bring up mucus.



Call the doctor if you suffer: a stiff neck, persistent headache, or mental confusion; wheezing or tightness in your chest; difficulty breathing through your mouth; shaking chills, soaking sweats, or shortness of breath; a red, sandpaper-like skin rash; a sudden pain in or discharge from your ears and/or eyes; acute sinus pain with fever, headache, and nasal discharge that lasts all day; a fever over 100 degrees that begins on or after day three of your illness and lasts more than three days; discomfort in your ear(s), a runny or stuffy nose, or hoarseness lasting more than two weeks.

—Katherine A. Reardon, R.N., M.S.

## Wash up



Seven may be your lucky number when it comes to staying well this winter.

Professor Marilyn Lee of Ryerson University in Toronto tracked the hand-washing habits of her students. Those who washed their hands at least seven times a day were four times less likely to develop a cold or other illness. Lee's study appeared in the *Canadian Journal of Infection Control.*

Take other precautions too. Keep your hands away from your eyes, nose, and mouth. Get enough sleep, and reduce stressors so your immune system can battle germs. Don't demand antibiotics from your doctor. They are not effective against viruses, which cause most upper respiratory infections. —Becky Mollenkamp



### PRESENTS FIT FOR A HEALTHY NEW YEAR

**Tai Chi Training with Scott Cole.** This 60-minute videotape (beginner/intermediate level) teaches the ancient art of moving meditation known as tai chi. Part one is a 30-minute session with traditional warm-up exercises and flowing movements designed to increase energy, strength, balance, flexibility, and overall body awareness. Part two uses elements of tai chi in a 30-minute cardiovascular workout. The video ends with a full-body stretch. Price: $19.95.

**Crunch: Fat-Burning Yoga.** This 45-minute video (beginner level) shows how to tone and reshape the body, increase energy levels, and feel lean and limber. A certified yoga instructor incorporates a series of postures that improve muscle strength, endurance, balance, and flexibility. An ab-trimming routine ends the workout. Price: $9.95.

**Sit and Be Fit.** Based on the popular PBS program, this series (beginner level) includes 27-minute videos for people affected by the side effects of stroke, chronic obstructive pulmonary disease, multiple sclerosis, Parkinson's, osteoporosis, and arthritis. A registered nurse leads stretch, flexibility, and toning exercises. Price: $15.95.

Too little time to buy presents on the run? No sweat! To order these and other fitness videos, log on to www.collagevideo.com or call 763/571-5840

continued on page 206


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velcome
touch
oothe your eczema. Introducing Protopic®,
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It can even be used on the face, neck, and hands.
Steroid free. Clinically proven.
Protopic
(tacrolimus)
To learn more about Protopic,
ask your doctor or call 1-888-436-8664
topic Ointment can be used for patients with moderate to severe eczema who do not respond well to or who may have side effects with conventional
atments. It can be used for short or repeated periods of treatment. Protopic is prescribed for adults in concentrations of 0.03% and 0.1% and for
dren, aged 2 to 15 years, in the 0.03% concentration only.
most common side effects with Protopic were usually limited to sunburn, burning, and itching upon application. The more severe your eczema
eczema, the greater the likelihood of these sensations. Skin irritations were short lasting, occurred early in treatment, and rarely required
ntinuation of treatment. Avoid direct sunlight, tanning salons, and phototherapy. When outdoors, use sunscreen to protect skin from the sun
not cover the skin being treated with bandages, dressings, or wraps.
your healthcare professional can weigh the risks and benefits of a prescription medication and decide if this medication is the right
one for you. Please see important product information on the next page.
Fujisawa Healthcare, Inc.

**Fujisawa**
45670/Issued: December 2000

PATIENT INFORMATION ABOUT

# Protopic®
## (tacrolimus)
## *Ointment*

**Read this important information before you start using PROTOPIC [pro-TOP-ik] Ointment and each time you refill your prescription. There may be new information. This summary is not meant to take the place of your doctor's advice.**

**What Is PROTOPIC?**
PROTOPIC Ointment is a prescription medicine that is used to treat eczema (atopic dermatitis) It is for adults and children age 2 years and older. You can use PROTOPIC for short or intermittent long periods of treatment. Intermittent means starting and stopping repeatedly, as directed by your doctor. You can use it on all affected areas of your skin, including your face and neck.

**Who should not use PROTOPIC?**
**Do not use PROTOPIC if you are**

- breastfeeding
- allergic to PROTOPIC Ointment or any of its ingredients. The active ingredient is tacrolimus. Ask your doctor or pharmacist about the inactive ingredients

Before you start using PROTOPIC, tell your doctor if you are:

- using **any** other prescription medicines, non-prescription (over-the-counter) medicines, or supplements
- receiving any form of light therapy (phototherapy, UVA or UVB) on your skin
- using any other type of skin product
- pregnant or planning to become pregnant

**How Do I Use PROTOPIC?**
Use PROTOPIC only to treat eczema that has been diagnosed by a doctor

- Wash your hands before using PROTOPIC
- Apply a thin layer of PROTOPIC to all skin areas that your doctor has diagnosed as eczema. Try to cover the affected areas completely. Most people find that a pea-sized amount squeezed from the tube covers an area about the size of a two-inch circle (approximately the size of a silver dollar).
- Apply the ointment twice a day, about 12 hours apart.
- Before applying PROTOPIC Ointment after a bath or shower, be sure your skin is completely dry
- Do not cover the skin being treated with bandages, dressings or wraps. Unless otherwise instructed by your doctor, do not apply another type of skin product on top of PROTOPIC Ointment. However, you can wear normal clothing
- Do not bathe, shower or swim right after applying PROTOPIC. This could wash off the ointment
- If you are a caregiver applying PROTOPIC Ointment to a patient, or if you are a patient who is **not** treating your hands, wash your hands with soap and water after applying PROTOPIC. This should remove any ointment left on the hands.
- Use PROTOPIC only on your skin. Do **not** swallow PROTOPIC.

Because 2 strengths of PROTOPIC are available for adult patients, your doctor will decide what strength of PROTOPIC Ointment is best for you.

Many people notice that their skin starts to improve after the first few weeks of treatment. Even though your skin looks and feels better, it is important to keep using PROTOPIC as instructed by your doctor.

If you do not notice an improvement in your eczema or if your eczema gets worse within the first few weeks of treatment, tell your doctor.

**What Should I Avoid While Using PROTOPIC?**

- Avoid sunlight and sun lamps, tanning beds, and treatment with UVA or UVB light. If you need to be outdoors after applying PROTOPIC, wear loose fitting clothing that protects the treated area from the sun. In addition, ask your doctor what other type of protection from the sun you should use.

- Check with your doctor or pharmacist before you
  - start taking any new medicines while using PROTOPIC.
  - Start using any other ointment, lotions, or creams on your skin.

**What Are The Possible Side Effects of PROTOPIC?**
The most common side effects of PROTOPIC are stinging, soreness, a burning feeling, or itching of the skin treated with PROTOPIC. These side effects are usually mild to moderate, are most common during the first few days of treatment, and typically lessen if your skin heals.

Less common side effects include acne, swollen or infected hair follicles, headache, increased sensitivity of the skin to hot or cold temperatures, or flu-like symptoms [common cold and congestion (stuffy nose)]. Some people may get skin tingling, upset stomach, herpes zoster (chicken pox or shingles), or muscle pain. While you are using PROTOPIC, drinking alcohol may cause the skin or face to become flushed or red and feel hot. Call your doctor if side effects continue or become a problem.

**How Should I Store PROTOPIC?**
Store PROTOPIC at room temperature (59° to 86°F). For instance, never leave PROTOPIC in your car in cold or hot weather. Make sure the cap on the tube is tightly closed. Keep PROTOPIC out of the reach of children.

**General Advice about Prescription Medicines**
Do not use PROTOPIC for a condition for which it was not prescribed. If you have any concerns about PROTOPIC, ask your doctor. Your doctor or pharmacist can give you information about PROTOPIC that was written for health care professionals. For more information, you can also visit the Fujisawa Internet site at www.fujisawa.com or call the PROTOPIC Help Line at 1-800-727-7003

Fujisawa Healthcare, Inc
Deerfield, IL 60015
www.fujisawa.com

45670
Issued December 2000

# Health Update continued from page 204

## MORE PRESENTS

**SyncWalk**. A combination pacesetter and stopwatch, SyncWalk will motivate the walking enthusiast in your family to get the most out of a brisk turn around the neighborhood. It emits a steady beat at a rate set by the user. There also is a guide with workout tips, heart rate monitoring methods, stretching exercises, and a chart to record personal walking schedules. Price: $39.95 (includes shipping, handling, and tax). To order, call 800/881-4066 or visit *www.bhgcatalog.com*.

**NutriGuide.** Looking for a nifty stocking stuffer? This pocket-size computer-calculator tracks calories, cholesterol, and sodium while providing an analysis of fat, fiber, and dietary/diabetic exchanges. NutriGuide gives daily total, weekly average, and percentage intake of carbohydrates, fats, and protein. Three books on health, fitness, and cooking tips for lowering fat complete the package. Anyone monitoring nutrient intake or trying to stick to a restricted diet for health reasons, such as diabetes, will appreciate this handy gadget. Price: $74.95 (includes shipping, handling, and tax). To order, call 800/881-4066 or visit *www.bhgcatalog.com*.

***Better Homes and Gardens*® Eating for Life**. Inspire family members and friends to indulge in a gastronomic experience while enjoying the healing power of food. This 192-page hardback cookbook explains how the naturally occurring properties of ordinary foods—tomatoes, nuts, garlic, fish, oats and other grains, most teas, and everybody's favorite, chocolate—can improve mood, boost immunity, and combat diseases. Find out the latest information about antioxidants, free radicals, functional foods, phytochemicals, and phytoestrogens. A chart accompanies each of the 115 beautifully presented recipes, indicating the health concern(s) the recipe targets, such as cancer, heart disease, osteoporosis, diabetes, or PMS. Price: $27.95 (includes shipping, handling, and tax). To order, call 800/881-4066 or visit *www.bhgcatalog.com*.

***Better Homes and Gardens*® Three Steps to Weight Loss.** For anyone who has resolved to win the battle of the bulge in 2002, this book is a winner. Lawrence J. Cheskin, M.D., director of the Weight Management Center at Johns Hopkins University, has helped thousands of people lose weight and keep it off. Now his proven three-step plan is packaged in a 192-page hardback book. Here's how it works: (1) Use the latest standards to determine your healthiest weight; (2) find the calorie level tailored for your body; (and 3) choose an easy-to-follow meal plan, including 100 taste-tempting recipes guaranteed by the *Better Homes and Gardens* Test Kitchen. Price: $27.95 (includes shipping, handling, and tax). To order, call 800/881-4066 or visit *www.bhgcatalog.com*.

—Debbe Geiger

# Hope: A Gift to Your Children



Parents are challenged, especially during uncertain times, to reassure their children. You want to meet their needs, but you don't have to have all the answers, says Judith A. Myers-Walls, Ph.D., associate professor of developmental studies at Purdue University. It's OK to say, "I'm scared too." Then find ways to deal with your children's concerns. And stay calm—kids feel less threatened if their parents do not seem angry or agitated.

Limit access to media coverage of terrifying events. However, be open if your kids want to talk. Use this opportunity to understand what they think and feel, and to clear up any questions, says Myers-Walls. How much detail you go into will depend on their age and insight. Young children often express concern for people they don't know. Encourage this compassion, but also stay focused on normal routines.

When kids are upset, share a soothing or active experience, says Myers-Walls. You might say, "When I'm sad, I listen to music. Would you like to listen to some music together?" Young kids tend to express feelings through art or playing with puppets rather than abstract conversation. Or they might want to write a letter to a leader. Also keep books on hand, from adventures and fantasies to value-oriented stories. Children are drawn to characters that solve problems or make choices.

Unlike adults, children do not easily divert their thinking from catastrophic events, says Myers-Walls. Their escape is tied to what they know. Invite creative play, such as pretending to be firefighters, space explorers, and police officers.

Stay close. Listen. Talk. Hug. Laugh. Involve your family in a cause. Your children will feel hope in positive action.

If your children exhibit prolonged fear, worry, depression, or anger, talk to your doctor or contact: Families for Depression Awareness, www.familyaware.org, 617/924-9383.



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LIFE DEMANDS LYSOL. THAT'S A FACT.

# 15 ways to peace & goodwill

by Kate Carter Frederick

Seasonal songs celebrate bustling shops, trees glistening with ornaments, and cozy gatherings. But for many, the holidays are not as smooth as Bing Crosby's croon. Anticipation may give over to anxiety. Here are ways to ease stress—and, as the old carol says, let nothing you dismay.




## Free your mind, adjust your thinking

1. Reach out. When you feel overwhelmed, **call a friend.** Talk about your frustrations for a few minutes. Don't try to fix everything; just let it out and move on. Instead of comparing stress loads with coworkers, turn the conversation to problem solving or lighter topics, such as sports, movies, or plans for the weekend.

2. Don't burden yourself with high expectations. **Eliminate "shoulds"** from your vocabulary. "To make peace with yourself, you may have to stop straining to be someone you aren't, hiding parts of yourself you fear are unacceptable, worrying about what others think," says Harold Bloomfield, M.D., a psychiatrist and author of *Healing Anxiety Naturally* (1999) and *Making Peace with Your Past* (2000).

3. Focus and finish. Do one thing daily that you've been putting off. Make a "done" list instead of a "to-do" list. Avoid overcommitting. **Say no and don't feel guilty.**

4. Get rid of racing negative thoughts by telling yourself, "Stop." Then think about something interesting. Repeat **self-nurturing messages** when you get anxious, says Lucinda Bassett, author of *From Panic to Power* (1997): "It's just anxiety. I'll float with it, and it will go away"; "I'm taking this too seriously"; "I'll feel better tomorrow."

5. **"Stay in the present,"** says Beverly Westra, Ph.D., a psychologist in Des Moines, Iowa. "Anxiety is an attempt to control future outcomes before they occur."

6. **Regard time as a gift.** "When you waste time, you waste energy. When you manage your energy, you also manage time," says Bassett.

## Energize your body, revitalize your spirit

7. Close your eyes. Breathe in, expanding the belly and counting 1-2-3-4-5; exhale, slowly contracting the belly and counting to five. Repeat at least three times. This **breathing releases tension** and spreads life-giving oxygen throughout your body.

8. Take five. **Allow yourself regular time-outs** every day. Stretch, daydream, or look out the window. Take more than five. Get lost in something for sheer pleasure—painting, playing the piano, or sewing. Go for a walk; it's a great stress-reducing activity. Above all, recognize these breaks as productive and restorative.

9. Have a silent night—go to bed early and **catch some zzz's.** Turn off the TV and the radio. Rest, relax, and read a pleasant book. If you sleep well, you'll feel fresh.

continued on page 210



VS.




PUR

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**ke bottled water, PUR filtered water is clean, healthy and great-tasting. The difference is PUR water costs n times less. The faucet-mounted filter attaches easily and turns on and off with a twist. The way we see it, st because your glass is drained, doesn't mean your bank accounts need to be.** www.purwater.com




## Peace & Goodwill continued from page 208

10. Take your laughter medicine. A **hearty laugh** stimulates endorphins (healthy body chemistry) and decreases cortisol (unhealthy body chemistry). Swallow your dose of humor with water, herb tea, juice, or mineral water. Snack on fruit. Caffeine, alcohol, and sugar magnify stress. Alcohol, a depressant, can make you feel worse. Do, however, treat yourself to chocolates and other goodies in moderation.

### Share joy—and create moments to remember

11. **Take the rocking chair test.** "Ask yourself what you'll recall when you sit in the rocker in the twilight of your life," says Beverly Westra. "When you find yourself getting stressed about small stuff, do something to make memories worth keeping."

12. If you feel spiritually unfulfilled, **think about others.** Entertain family and friends with good, old-fashioned fun. Play cards. Pull taffy. Put on music and dance. Read aloud or tell stories. Pop some popcorn and have an at-home film festival—*Miracle on 34th Street, It's a Wonderful Life, White Christmas,* or *A Christmas Carol.* Better yet, spend an hour at a retirement home. Visit with a few residents. Listen and be attentive. Give them a kind word, a friendly touch on the arm, a smile, and a laugh.

13. **Eliminate and delegate.** Excess triggers stress and anxiety, so simplify your activities. Cut your Christmas card list. Instead of buying gifts for everyone, draw names and set a spending limit. Don't hassle with shopping malls and lines at the post office. Order items from catalogs and have them shipped directly. Why make the holiday meal an elaborate production? Present one scrumptious dessert, not a sideboard laden with cake, cookies, pies, and sweets. Have a potluck celebration with your relatives. Go out for dinner. Prepare a Christmas breakfast for the family. Serve dinner at a homeless shelter. Whatever your plans, don't take on all the tasks. Ask for help; be specific about your needs and desires, but let others do it their way. Encourage your kids to pitch in; it helps them to feel good about themselves.

14. Not every family is intact or wildly happy about being together. "Year after year, many people continue to expect a Norman Rockwell holiday out of a Herman Munster family, and year after year, those same people are stressed, disappointed, and exhausted trying to make it happen," says Westra. If that includes you, accept reality and adjust holidays to avoid disappointment. Be open to new opportunities, such as **replacing an old, anxiety-producing tradition with a new one.** Allow your children to have time with both parents. Don't overdo presents to make up for loss or guilt.

15. **Rethink gift giving.** Connect by penning heartfelt letters to loved ones. Or make charitable donations in their honor. You'll feel and bestow genuine warmth.

### When to seek help for anxiety

Most doctors agree that anxiety requires treatment when excessive levels of negative emotions—such as fear, nervousness, worry, and tension—spiral out of control. "Anxiety and depression frequently occur in tandem," says Harold Bloomfield, M.D. "Irritability, difficulty concentrating, indecision, guilt, fatigue, sleep and eating disturbances, and insomnia are symptoms common to both disorders." Diagnosis and treatment are essential if several symptoms exist, they last for more than two weeks, or they interfere with work or family life, he adds.

If you or a family member experiences such symptoms, consult a psychologist, psychiatrist, social worker, or licensed counselor. For information, contact: National Association of Cognitive-Behavioral Therapists, 800/853-1135, www.nacbt.org; Anxiety Disorders Association of America, 301/231-9350, www.adaa.org; or National Institute of Mental Health, 301/443-4513, www.nimh.nih.gov.

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# left, white, left, white, left, white, left, white

Crest Whitestrips work better than the leading whitening toothpaste because they get at stains below the surface. They're simple little strips that contain the same enamel-safe whitening ingredient dentists use. 30 minutes twice a day is all it takes. And in just 14 days you'll have noticeably whiter teeth. Guaranteed.



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You are heavy with the spirit of generosity but your piggy bank is as light as a feather. Don't worry! Knock your friends' socks off this year with these awesome homemade gifts.

# santa's helpers



continued on p
Instructions for scarf and hat on pag

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# Santa's Helpers

continued from page 212



## Animal Slippers

**What you need:** Slippers ▪ Felt scraps ▪ Doll eyes (remove screw backing with hobby saw) ▪ Chenille cord ▪ Pom-poms ▪ Fabric glue ▪ Straight pins ▪ Decorative ribbon (optional)

1. Cut two sets of inner and outer ears from felt. Glue the layers together. Arrange the ears, doll eyes, chenille cord mouth and whiskers, and pom-pom nose on top of each slipper; glue in place with fabric glue. Hold the pieces in place with straight pins until the glue dries. 2. Dress up your slippers by attaching a pretty ribbon using fabric glue.





## Lip Gloss

**What you need:** Film canister with lid ▪ Stickers ▪ Plastic cord ▪ Plastic bags ▪ Petroleum jelly ▪ Vitamin E capsules ▪ Iridescent edible glitter

1. Decorate the outside of a film canister with stickers. Poke two holes in the top of the lid. Thread a cord through the holes and tie the ends in a knot. 2. In a plastic bag, mix a tablespoon of petroleum jelly, the contents of a vitamin E capsule, and a small pinch of glitter. Seal the bag and squish contents to mix. Snip off one corner of the plastic bag and squeeze contents into the decorated film canister.

continued on page 216

# WE'RE NOT GONNA GO AROUND SAYING CHEESE NIPS ARE BETTER

## (WE LET PREFERENCE TESTS DO THAT FOR US)




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Based on a national preference test, regular KRAFT Cheese Nips are preferred over regular Cheez-It crackers. See for yourself why people like 'em better. Nips your craving every time.

TRY THIS EASY

## Pebbles Tree Recipe



To make tree, use 5 different size five-point star cookie cutters or cardboard star cutouts ranging in size from 2 to 5 inches.

**Prep: 10 Minutes** excluding assembly & decorating. **Microwave: 4 1/2 minutes**

**1/4 cup (1/2 stick) butter or margarine (not spread)**

**1 pkg. (10 1/2 oz.) JET-PUFFED Miniature Marshmallows (6 cups)**

**1 pkg. (13 oz.) POST Fruity or Cocoa PEBBLES Cereal (about 8 1/2 cups)**

**1 container (16 oz.) ready-to-spread vanilla-flavored frosting**

LINE 15x10x1-inch pan with foil extending about 2 inches over edges; lightly grease foil.

MICROWAVE butter in 4-quart microwavable bowl sprayed with no stick cooking spray on HIGH 45 seconds or until melted. Stir in marshmallows with wooden spoon sprayed with no stick cooking spray. Microwave 1 1/2 minutes; stir. Microwave 2 minutes longer, stirring halfway through cooking time. Add cereal; mix to coat well.

PRESS mixture firmly and evenly into prepared pan. Cool 15 minutes in cool, dry place. Using cookie cutters or star cutouts, carefully cut 2 of each size for a total of 10 stars; carefully peel off foil. (Kids, ask an adult to help you.) Let stand in cool, dry place until firm.

SPREAD 1/2 of frosting on tray to resemble snow. Use remaining frosting to attach stars, stacking largest to smallest and rotating points of stars to make a tree. Decorate as desired. Makes 1 tree.

Microwave ovens vary. Cooking times are approximate.

Post

*This recipe is intended for use with adult supervision.*

# Santa's Helpers

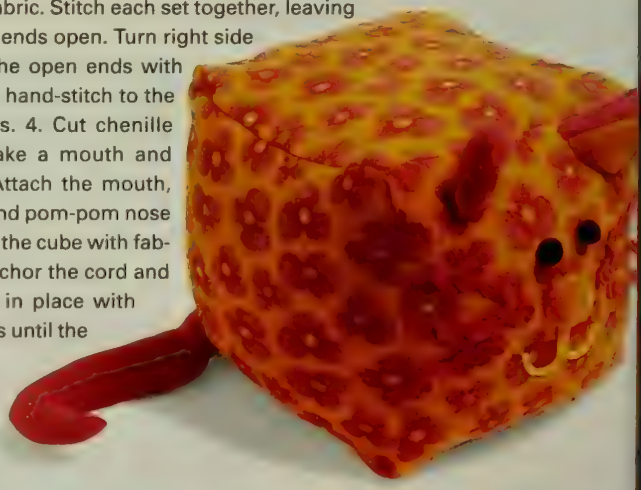
continued from page 214



## Dog and Cat Pillows

**What you need:** 2 1/4 yards of fleece or plush fur fabric ■ Pom-poms ■ Chenille cord ■ Three bags of chipped foam stuffing ■ Fiberfill stuffing ■ Fabric glue ■ Needle, thread, and straight pins

1. Cut six 18-inch fleece squares. Pin squares together, wrong side out, to form a cube. Machine-stitch all but one side. Remove pins and turn cube right side out. 2. Pour three bags of chipped stuffing into the cube. Pin the open side and hand-stitch the edges. 3. Cut four ears and two tails from fabric. Stitch each set together, leaving the bottom ends open. Turn right side out. Stuff the open ends with fiberfill and hand-stitch to the cube seams. 4. Cut chenille cord to make a mouth and whiskers. Attach the mouth, whiskers, and pom-pom nose and eyes to the cube with fabric glue. Anchor the cord and pom-poms in place with straight pins until the glue dries.



## Desktop Aquarium

**What you need:** White shrink-art sheets ■ Paint markers ■ 1/8-inch hole punch ■ Slim, colored crafts sticks ■ Fishing line ■ Small glass bowl ■ Gum balls



1. Draw 3- to 5-inch fish on shrink-art sheets with paint markers. Cut fish out and punch a hole in the top of each. Shrink the fish in the oven, according to package instructions. 2. When the fish cool, thread a 4-inch length of fishing line through the hole and knot the end. 3. Poke a hole in a slim stick with a thumbtack. Thread the other end of the fishing line through the hole and knot in place. 4. Add gum balls to the bowl. Place the slim sticks over the rim so the fish appear to swim in the bowl.

continued on page 218

# Make your tree and eat it too!




Everybody wants to help
when you're making a Pebbles® Holiday Tree.
Especially the Barney in your house!

# Mickey and Pals Playin' with Me...



Smile n' Play
Activity Center

The lights, sounds, music and motion of Disney's Activity Center provide both developmental benefits and fun for growing babies. Each of the twelve interlocking pieces is a toy in itself. Rearrange them for sitting, crawling or toddling babies. It's a different toy every time!

Disney

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## Santa's Helpers

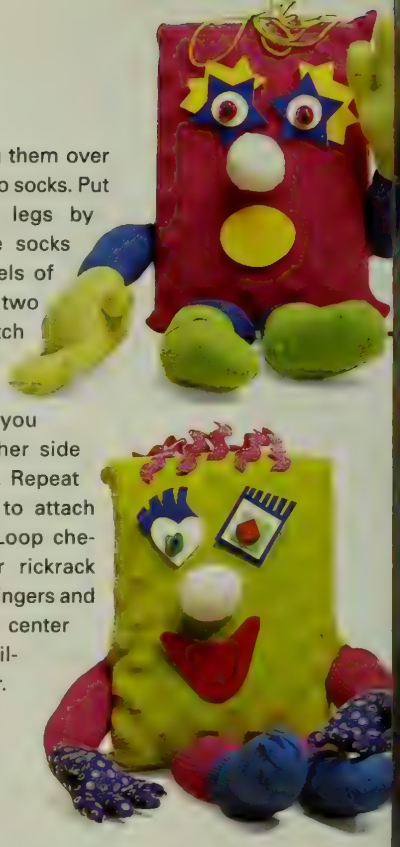
continued from page 216

### Funny Face Pillow

**What you need:** Small rectangular pillow ■ Two pairs of children's colored socks ■ One pair of children's ankle socks in a contrasting color ■ One pair of children's bath, garden, or knit gloves ■ One bag of fiberfill stuffing ■ Chenille cord or rickrack ■ Fabric glue ■ Needle and thread ■ Craft foam scraps ■ Pom-poms ■ Plastic eyes ■ One package of adhesive loop fastener squares ■ Craft foam glue



1. Stuff socks (not ankle) and glove fingers with fiberfill. 2. Put hands on the arms by applying fabric glue to the inside cuff of the gloves and attaching them over the toes of two socks. Put feet on the legs by pulling ankle socks up to the heels of the other two socks. 3. Stitch the end of each arm closed as you sew it to either side of the pillow. Repeat this process to attach the legs. 4. Loop chenille cord or rickrack around your fingers and glue it to the center top of the pillow for hair. 5. For facial




# ...Peekin' at Me...



Smile n' Play
Magic Peeking Pal

As your baby presses buttons on Disney's Magic Peeking Pal, lessons of cause and effe become clear. Watch the fun as baby makes lights twinkle, music and phrases play... then Mickey's face replaces baby's in the mirror. It's peek-a-boo magic.

Disney

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...Sortin' with Me...



mile n' Play
ape Sorter

Disney's Shape Sorter isn't just about learning spatial relationships. With Donald and his pals in erent shapes and colors, a sturdy carrying handle and a convenient emptying hatch in the back, his is one toy that's all "sorts" of fun for your child!

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## Hat and Scarf (also shown on page 212)

**What you need:** White fleece hat and scarf ■ Small, medium, and large orange pom-poms ■ Four ¾-inch and ten ⅓-inch buttons ■ Needle, thread, and pins

1. Arrange faces on the scarf and hat. Attach by sewing inside the hat or on the underside of the scarf. Run the needle through the center of each pom-pom, largest to smallest. Return the needle through each pom-pom, smallest to largest, and tie a knot inside the hat or on the underside of the scarf.
2. Pin eye and mouth buttons in place. Sew one at a time. Remove pins as you work.



eatures, glue four loop astener squares to the lesired spots. Cut and lue eyes, noses, and nouths from craft oam and pom-poms, is desired. Glue the pposite loop fas- ener squares to the ack of the foam hapes and pom-poms.







...Holdin' Hands with Me...



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Imagine the Fun!

Who doesn't want to hold Minnie's hand? Especially when that hand is a soft-teether that squeaks! Smile n' Play Activity Keys rattle, spin and make music to teach important motor skills. With Minnie, fun is always "key."

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Chevy Impala
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Delta Faucet
www.deltafaucet.com

Florida's Natural
www.floridasnatural.com

Four Seasons Sunrooms
www.fourseasonssunrooms.com

GM Card
www.gmcard.com

Hallmark Keepsake Ornaments
www.hallmark.com

Hanes Classic
www.hanes.com

HIT Entertainment
www.barney.com

Pacific Coast Feather Company
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www.la-z-boy.com

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www.ControlHeavyPeriods.com

The Home Depot
www.homedepot.com

UNCLE BEN'S NATURAL SELECT
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# buying guide

Some of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, contact the manufacturers listed below.

**Decorating in the Nick of Time**

**Pages 21–26: all items**—antique, discontinued, or personal belongings.

**Page 26: stemware,** similar styles available—Pier 1 Imports; for a store near you call 800/447-4371. **Bowls in centerpiece**—The Terence Conran Shop, 407 E. 59th St., New York, NY 10022; 212/755-9079; Internet site: www.conran.com. **Flatware,** "Lily"—Pier 1 Imports; for a store near you call 800/447-4371. **Place setting,** "Libby"—Bed Bath and Beyond; 800/462-3966; Internet site: www.bedbathandbeyond.com. **Covered glass dish**—The Terence Conran Shop, 407 E. 59th St., New York, NY 10022; 212/755-9079; www.conran.com.

**Holiday Greens**

**Pages 30–38: shrubs—Forestfarm,** 990 Tetherow Rd., Williams, OR 97544-9599; 541/846-7269; catalog $5.

**Season's Greetings**

**Page 54: antique jar**—Virginia Burney Designs, 315 Maywood, Portland, OR 97201; 503/223-1651; fax 503/228-6871.

**Page 58: wrapping paper**—Schurman Fine Papers; 800/833-6724; www.info@schurman.com.

**Page 62: vase and green marble rock**—Smith & Hawken; 800/776-3336; www.SmithandHawken.com.

**Page 64: (top) wire border**—Smith & Hawken; 800/776-3336; www.SmithandHawken.com. **(Bottom) notebook,** [illegible] Art Media; 503/223-3724.

**Tree Decorating 101**

**Page 76: Fraser fir tree, 7 feet**—Hilliker Tree Farm, 20594 Flatiron Ave., Tomah, WI 54660. **Star topper,** 334409—Midwest of Cannon Falls; www.midwestofcannonfalls.com. **Felt tree skirt,** 288225—Tag LTD; for a store near you call 800/621-8350.

**Page 78: faceted, C-6 size lights; amber mini lights; C-9 size lights**—Roman, Inc.; for a dealer near you call 800/729-7662; Internet site: www.roman.com. **Clear star lights,** 367384—Midwest of Cannon Falls; Internet site: www.midwestofcannonfalls.com.

**Page 80: red twist garland,** 365229. **frosted fruit garland,** 397312; **gray beaded garland,** 436837; **nutcracker garland,** 397138—Midwest of Cannon Falls; www.midwestofcannonfalls.com.

**Page 82: "Reflection" ornament,** 013090. **floral ball ornament,** 414934. **finial** set of 3: 431801. **multicolor and shape ornament,** 171219. **finial ornament,** 357569. **spiral ornament** set of 3: 381717. **glittered ball ornament** set of 3: 397077—Midwest of Cannon Falls; Internet site: www.midwestofcannonfalls.com. **Ball with stripe in center, nutcracker, striped finial**—antiques.

**All Is Calm, All Is Bright**

**Pages 104–105: children's sweaters**—The Cross & Shamrock, 3100 Quakerbridge Rd., Mercerville, NJ 08619; 888/508-6956; www.crossandshamrock.com. **Glass base lamp,** "Kilkenny"—Waterford Wedgwood USA; 800/677-7860. **Speckled Trout needlepoint pillow**—Elderberry, 97 Tinker St., Woodstock, NY 12498; 845/679-6396. **Glass bowl on coffee table,** 419, "Woodstock," extra large, **platter under tree with gifts,** 1540 Celadon, extra large—Simon Pearce; Rt. 5 North, P.O. Box 1, Windsor, VT 05089; 800/774-5277; www.simonpearce.com.

**Pages 106–107: bowl with fern,** 1315 Celadon, large—Simon Pearce; address above. **Children's sweaters**—The Cross & Shamrock (address above).

**Pages 108–109: child's sweater**—The Cross & Shamrock (address above). **Glass bowl on windowsill,** 461 "Hartland," extra large—Simon Pearce; address above. **Rocking chair**—Elderberry, 97 Tinker St., Woodstock, NY 12498; [illegible].

**Pages 110–111: pedestal bowl,** 461 "Hartland," large. **hurricane lamp,** 166, large. **vases with ornaments,** 525, "Star vase." **glass bowl,** 418 "Woodstock," large—Simon Pearce (address above). **Candlesticks,** "Bethany"—Waterford Wedgwood USA; 800/677-7860; Internet site: www.waterford.com. **Candles**—Mink Hollow Candles, 34 Hillside Dr., West Shokan, NY 12494; 845/657-5804.

**Page 112: crystal on table,** "Baily Shannon"—Waterford Wedgwood USA; 800/677-7860; www.waterford.com. **Mugs,** 1100 Celadon. **dinner plate,** 1200 Celadon—Simon Pearce; address above. **Salad plate,** "Crossnaven"—Wedgwood USA; 800/677-7860; www.waterford.com. **Flatware,** "Kells Gold," Waterford—Reed & Barton; 800/343-1383.

**A Merry Little Christmas**

**Pages 116–117: fabric for pillows and stockings,** 659430 "Country Life" Garnet—Waverly; 800/423-5881; Internet site: www.waverly.com. **Fabric for curtain,** P8157 "Willowbrook" Ruby—Pindler & Pindler; through your local interior designer; Internet site: www.pindler.com. **Paint throughout the house:** Dover White—Sherwin-Williams; for a store near you call 800/474-3794; Internet site: www.sherwin-williams.com. **All other items**—antique, discontinued, or personal belongings.

**Pages 118–119: slipcovered dining chairs,** 2CP0012—Home Decorators Collections; for a catalog call 800/245-2211; www.homedecorators.com. **All other items**—antique, discontinued, or a personal belonging.

**Pages 120–121: Balsam fir tree**—Rum River Tree Farm & Nursery, 21050 Lake George Blvd., NW, Oak Grove, MN 55303; 763/753-4595; www.rumrivertreefarm.com.

**Pages 122–123: black-and-white toile fabric and wallpaper,** "Country Life"—Waverly; 800/423-5881; www.waverly.com.

**Pages 124–125 (*bottom right*): wicker table**—Pier 1 Imports; for a store call 800/447-4371. **Chair, fabric,** "Fairholme"—Fonthill Mfg., through your local interior designer. **All other items**—antique, discontinued, or personal belongings.

**Page 126: all boots and shoes**—L.L. Bean; for a catalog call 800/809-7057; www.llbean.com.

**Feasts of Comfort & Joy**

**Page 159: flutes,** "Edward"—Williams Sonoma; for a store near you call 800/541-2233; www.williams-sonoma.com.

**Page 160 (*bottom left*): tray,** "Pear"—Crate and Barrel; for a store near you call 800/996-9960; Internet site: www.crateandbarrel.com.

**Page 161: pedestal,** "Pearl"—Crate and Barrel; for a store near you call 800/996-9960; www.crateandbarrel.com. **Master's Touch VineSweet Mini-Peppers**—available at major chain grocery stores.

**Page 164 (*top right*): opal cereal bowl and dessert plate,** "Luna Glass"—Rosanna; 440 S. Holgate St., Seattle, WA 98134; 206/264-7882; www.rosannainc.com. **(*Bottom left*): candy canes,** Hammond's Candies; 4969 Colorado Blvd., Denver, CO 80216; 888/226-3999; Internet site: www.hammondscandies.com.

**Page 165: dessert bowl,** "Rosenthal"—Forty Five Ten; 4510 McKinney Ave., Dallas, TX 75205; 214/559-4510.

**Page 166: cake stand,** "Classic"—Williams Sonoma; for a store near you call 800/541-2233; Internet site: www.williams-sonoma.com.

**Page 168: opal cake stand,** "Luna Glass"—Rosanna; 440 S. Holgate St., Seattle, WA 98134; 206/264-7882; Internet site: www.rosannainc.com.

**Pages 159–168: all other items**—antique, discontinued or personal belongings.

**Reader Shopping**

**Page 86: Fruit Gift**—Gracewood Groves; 1650-90th Ave., Vero Beach, FL 32966. **Cookies and Cocoa Gift**—Watkins Inc., 150 Liberty St., Winona, MN 55987-0570.

**Page 144: *Jewish Holiday Style Book***—Simon and Schuster; 1230 Avenue of the Americas, New York, NY 10021.

**Page 148: Red Lion Amaryllis Package**—K. van Bourgondien and Sons, 245 Route 109, Babylon, NY 11702.

**Page 157: Starry Ice Cube Trays**—Great Shapes by Llorente, Media Group, 102 Hamilton Ave., Stamford, CT 06902.

**Page 171: Oval Cookie Cutters**—Ateco, 36 Sea Cliff Ave., Glen Cove, NY 11542.

**Page 180: Angelette Pan**—Nordic Ware, Highway 7 & 100, Minneapolis, MN 55416.

**Page 182: Snowflakes on a Stick Kit**—R & M International, 6250 Kellers Church Rd., Pipersville, PA 18947. **Fox Run Craftsmen,** 1907 Stout Dr., Wyland, PA 18947. **Make N Mold,** 85 River Rock Rd., Buffalo, NY 14207. **Gift Cookie Cutter and Decorating Set**—Fox Run Craftsmen; address above.

**Page 206: NutriGuide**—SPI Sports Science, Inc., 400 North St. Paul St., Dallas, TX 75201. **SyncWalk**—Tomita Corp., 2625 S. Clearbrook Dr., Arlington Heights, IL 60005.

**Editor's Note:** We inadvertently listed an incorrect phone number in the October Buying Guide. Here is the correct listing:

**Clutter-Buster Closets**

**Page 86 (*upper left*): closet organizers**—Rubbermaid, 1147 Akron Rd., Wooster, OH 44691; 330/264-6464; www.rubbermaid.com.

## *Better Homes and Gardens*® Holiday Shopping Spree Sweepstakes

NO PURCHASE NECESSARY TO ENTER OR WIN. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING.

ter the sweepstakes electronically through www.bhg.com/contest by completing the official online entry form. There is no cost register. Sweepstakes begins October 1, 2001. Entries must be received by 11:59 p.m. EST, Friday, November 16, 2001. Open to gal residents of the U.S., who are 18 years of age or older, except employees of Meredith Corporation, its agents, affiliates, bsidiaries, and members of their immediate families or persons residing in the same household. Open only to entrants who have ternet access prior to October 1, 2001.

nly one entry per household or e-mail address is allowed. In the event of a dispute, entry will be deemed made by the holder of established e-mail account associated with the entry. Meredith Corporation assumes no responsibility for entries they are unable process due to network, hardware, or other technical failures; or incomplete, damaged, misdirected, illegible, or lost entries. eredith Corporation reserves the right, in its sole discretion, to cancel sweepstakes if it becomes technically corrupted or because non-authorized human intervention. In the event of cancellation, Meredith Corporation reserves the right to award the prizes to gible, non-suspect entries received prior to date of cancellation. The use of automated entry devices or any other conduct that spedes the integrity of the sweepstakes is prohibited.

n or about Monday, November 19, 2001, a random drawing from among all eligible entries received will be conducted under the pervision of Meredith Corporation. Meredith Corporation will attempt to reach the selected potential winner via phone and/or mail, as provided in the entry. Messages will not be left on voice mail or answering systems. If the potential winner does not respond the e-mail within 24 hours of first notification or is not available via telephone, within 24 hours of selection, that potential winner disqualified and another entry will be selected in a second random drawing. This process will be repeated until a winner is reached. e winner must provide the names and addresses of up to 20 individuals on the winner's holiday shopping list, and may provide ggested gift items. Decisions of judges are final and binding in all respects. Entrants agree to be bound by the Official Rules. The warding of any prize is contingent upon full compliance with the Official Rules.

**zes: (1) Grand Prize:** A *Better Homes and Gardens*® personal shopper will shop online for up to 20 individuals on the winner's oliday gift list, spending up to a total of $5,000.00, including gifts, taxes, shipping and handling, and any other charges resulting om the purchase. Winner will be notified by telephone or e-mail of the final selections, and the holiday gifts will be delivered to e winner or the intended gift recipient on or about December 10, 2001. No prize transfers or substitutions or cash in lieu of prize allowed. Sponsor not responsible for fulfilling every gift request or for delays in shipment. **(50) Second Prizes:** "*Better Homes d Gardens*® Holiday Inspirations" book, approximate retail value of $29.95, will be awarded by random drawing from among all gible entries and mailed to 50 winners on or before December 1, 2001.

dds of winning depend upon the number of eligible entries received. Estimated circulation of this offer: 7.6 million.

try constitutes permission to use winner's entry, name, hometown, voice, likeness, photograph, and any statements regarding e sweepstakes for editorial, public relations, promotional, and advertising purposes on behalf of Meredith Corporation without mpensation, unless prohibited by law. Grand Prize winner will be required to sign an Affidavit of Eligibility and Release of ability/Publicity within 5 days of issuance of notification or an alternate winner will be selected by a random drawing. By rticipating and winning a prize, winners release sponsors, their parents, affiliates, subsidiaries, and agencies and their spective directors, officers, employees, and agents from any and all liability with respect to the prize. Subject to all U.S. federal, ate, and local laws and regulations. Void where prohibited. Taxes on prize are the sole responsibility of the winner. This sweep-kes sponsored and promoted by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023.

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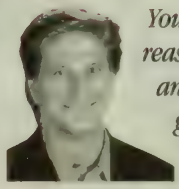
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